21st October 2014

Dear Parent/Guardian,

When something significant happens in a family, the entire family is affected. Even though death, divorce or other loss issues appear to be only grown-up problems, they have a profound effect on the children who are touched by such experiences. If a parent dies or a divorce happens or a painful loss occurs, not only do the parents grieve, the children do also. Children may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience.

I am writing to tell you about a new programme called, RAINBOWS, which we are introducing to support pupils in school.

We have some very sensitive, caring, and trained adults who have said “yes” to help these children put their feelings into words, work through their grief, build a stronger sense of self-esteem and begin to accept what has taken place in the family.

If your child is part of a single parent family, a step family, has experienced the death of a loved family member, sibling or friend, or is struggling through a painful experience, this will be an opportunity for him/her to share with special adult.

After October half term, we will be establishing a Rainbows programme consisting of weekly support groups ( approx. 12 weeks in duration), which will be available for children who are living in single parent, step families, or who have experienced any painful loss. This programme will be facilitated by Mrs Beard and Mrs McTernan.

If you feel that your child would benefit from taking part in RAINBOWS or need more information, then please return the slip below.

Yours sincerely,

Mrs M.T.McMillan Headteacher Rainbows Co-coordinator

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**RAINBOWS Pupil Support Group**

I would/would not like my child to take part in a RAINBOWS programme.

Name of Child: ………….......................... Parent/Guardian:…………………….........