



# Gilgandra Public School

## Honesty & Courtesy



Safe, Respectful, Learners

Principal  
Patricia Howard

P.O Box 19  
Gilgandra NSW 2827

Tel: 02 6847-2043  
Fax: 02 6847-2304  
Email: gilgandra-p.school@det.nsw.edu.au

07 February 2019

Dear Parents and Guardians,

Change and loss are issues that affect all of us at some stage in our lives. At Gilgandra Public School, we recognise that when changes occur in families through death, divorce, separation and related circumstances, young people may benefit from learning how to manage changes effectively. We are therefore offering a very successful education program called **Seasons for Growth**.

This program is facilitated in small groups and based on research that highlights the importance of social support, and need to practise new skills to cope effectively with loss and change. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision making, effective communications and support networks.

Seasons for Growth runs for eight weeks and each weekly session is approximately 40 – 45 minutes. The program concludes with a ‘Celebration’ session. Following the completion of the 8 sessions, the group will have the opportunity to meet for two further sessions to build on their earlier learning.

Seasons for Growth will commence Thursday 14th February, at 10.15am. The course will be facilitated by Lisa Johnson (School Counsellor) and Vianney McAllister (NALAG support worker) who both have training in the delivery of this program. The program will be delivered off-site, at the NALAG Offices in Hall Street Gilgandra. The students will be walking to the venue with Lisa Johnson each week.

Students may only participate in this program if their parent/guardian has given permission. Please complete the attached permission slip and return to our school by Wednesday 13th February 2019.

Gilgandra Public School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who are involved.

Tricia Howard

Lisa Johnson

Vianney McAllister

Principal

School Counsellor

NALAG support worker

.....  
I give permission for my child ..... class: .....  
to be involved in the Season's for Growth program. I understand the students will be walking to Hall street  
each week.

Signed: ..... (parent/caregiver)