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Wednesday 10th January 2024

**RAINBOWS PROGRAMME OF SUPPORT**



Dear Parent(s)/Carer(s),

We are pleased to announce that we will beginning our **Rainbows** programme of support for children experiencing loss and grief. These peer support groups aim to help children who are living in single parent, step-families, or other different family types and those who are going through painful transitions, or experiencing grief and experiences, such as the death of loved ones. This programme will take place every Tuesday afternoon for a period of 14 weeks, commencing on **Tuesday 23rd January 2024** and running until **Tuesday 14th May 2024**.

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 parents grieve, children do also. Children may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience. Our Rainbows support group will be led by Mrs McCloskey who is a very sensitive, caring, and Rainbows-trained adult who will help our 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 their family. If your child(ren) is/are struggling through a painful experience or transition in their lives, this could be an opportunity for them to share their feelings, feel acceptance for what has happened, and to strengthen their sense of belonging and love.

If you believe Rainbows could help your child(ren), please fill in the **‘Request for Support’** form which can be found on our school website [www.allsoulsschool.co.uk](http://www.allsoulsschool.co.uk) under the ‘Contact Us’ tab with as much detail as possible to support your child(ren). Please return to **Mrs Hartwell** by email jo.hartwell@allsoulsschool.co.uk or via the school office by no later than **Wednesday 17th January 2024.** Unfortunately, group sizes are limited due to the safe and nurturing environment needed and therefore we may not be able to meet all demand this time; however, there will be further opportunities in the future. Should you wish to discuss any of this further or if you have any questions, please do not hesitate to get in touch.

Kind regards,

Mrs Hartwell