



St Joseph's Primary School

Carnacaville

25 Carnacaville Road, Maghera, Newcastle, Co. Down BT33 0JS

Tel: 028 437 22185

www.carnacavilleps.com

Principal: Mr Christopher McCann Bsc(Hons), PGCE, PQH(NI)



24th January 2019

Dear Parents, Guardians

As part of our Pastoral Care Programme, we are in a position to offer young people who have experienced the death of a close relative, separation/divorce or other painful change in their family the opportunity to participate in the Rainbows 9 week Peer Support Programme.

When something significant happens in a family, the entire family is affected. If a parent dies or parents separate or a painful loss occurs, not only do the parents grieve, the children do also. Grief is an expression of love and a normal human reaction to a significant loss. Children find it difficult to verbalise their feelings of grief because of their age and inexperience. It may surface in their behaviour, schoolwork and emotional well-being.

Rainbows is a support group that helps children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to adapt to what has taken place in the family. **Rainbows is not a counselling group.** It is a safe, confidential setting where children will share their grief associated feelings with each other and with trained facilitators. Meeting others in a similar situation can be very supportive for children.

Children are grouped with others of a similar age experiencing a similar loss. There are tragic losses that can cause extreme trauma. The Rainbows Programme is not adequate in these circumstances. Professional help should be sought. If children are already attending professional counselling/family therapy, etc., the professional's advice must be sought before application is made for attendance at Rainbows.

We invite you to discuss the contents of this letter with your child in advance of application to attend Rainbows so that they understand what Rainbows is about.

If you feel Rainbows will be helpful to your child, application Forms are available from the school office, Mrs Doyle or Mr McCann

Please complete the form and return to Mrs Doyle or Mr McCann in a sealed envelope by **Wednesday 30th January 2019**

If you require any further information, please do not hesitate to contact us.

Mrs M. Doyle

(Rainbows Co-ordinator)

Christopher McCann

(Rainbows Centre Director)

