

# SEASONS FOR GROWTH

DENBIGH HIGH SCHOOL

Companion – Ms Sharon Kelly

## WHAT IS SEASONS FOR GROWTH?

SEASON's is an education programme for 6-18 year olds and its aim is to help normalize emotions of loss and grief, develop peer support networks and reduce isolation.

## HOW DOES SEASONS WORK?

Use of the seasons is easy to understand as they each have their own unique story showing the importance of changes for growth.

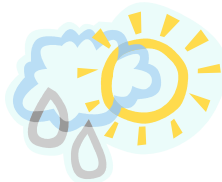
**Autumn** - To acknowledge and accept the reality of loss and changes in emotions



**Winter** - Telling their story, working through the pain of grief and learn about reactions to changes.



**Spring** - Develop skills by talking about memories and forgiveness, helping adjust towards a changed environment.



**Summer** - Explore ways of letting go, moving forward and help to emotionally relocate through choices and support systems.



The sessions are held in small groups of 6-8 pupils  
Siblings do not take part in the same group.  
A period of 9 – 12 months natural grieving process needs to take place before being referred to the programme.

## SESSIONS

8 x 1 hour sessions  
1 celebration session  
2 re-connector sessions

Staff will be notified as to which pupils will be missing from lessons and pupils will be asked to make up any work missed. Efforts will be made not to take pupils out of core subjects.

A Code of Ethics and guidelines for groups will be created by the pupils themselves with guidance from the Companion.