

RAINBOWS/SUNBEAMS PROGRAM

Rainbows is an international, not-for-profit organisation, that provides a healthy path towards healing for those grieving a significant loss or life-altering crisis. The core of the program is centred on trust, acceptance and sharing.

Each year Hillarys PS runs a series of *Rainbows (Years 3 - 6) /Sunbeams (K -2)* programs commencing in Term 2 (and continuing into Term 3) which are applicable to children who have experienced a life altering loss or crisis such as death, divorce, separation, illness, adoption, living in a foster family or where some other family crisis has occurred. *Sunbeams and Rainbows* are all small group programs (3-5 participants) led by a trained facilitator from our Hillarys staff. Sessions range from 45 minutes for young children, to an hour for older students.

Rainbows programs are sequentially based across all age groups and cover twelve core topics which are spread over a twelve week period and end with a special "Celebrate Me Day".

Topics covered include : *Self, Feelings, Divorce/Death/Loss/Grief, Transitions and Changes, Angers and Hurts, Fears and Worries, Family, Belonging, Step-family, Acceptance, Coping Tools and Reaching Out.*

If you feel your child/children may benefit from inclusion in this program please return the attached slip to your child's teacher or the office by Friday 1st April.

Further information about these programs may be accessed on the Rainbows website rainbows.org.au/ or by contacting the school.

Jenny Baynham
Associate Principal

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RAINBOWS/SUNBEAMS TERM 2

I wish my child/children _____ to participate in the Rainbows/Sunbeams Program in Term 2.

Signed _____ Dated _____