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## THE GOOD SHEPHERD CATHOLIC PRIMARY SCHOOL

The Catholic Diocese of Northampton  
*"Following Jesus, The Good Shepherd, in all we say and do."*

Dear Parents/Carers,

This year we are once again preparing to offer the Rainbows programme.

This programme is for children in Years 2-6 inclusive, who have suffered the loss of a parent or relative through death, divorce or separation.

These situations have a big effect on children, which they sometimes find difficult to put into words. The Rainbows programme offers the child a chance to talk to an adult in their group about their feelings to try and understand them, work through their grief and build a stronger sense of self-esteem and acceptance of what has happened in their lives.

The groups concentrate on the children's feelings. They are non-judgemental and everything that is said is strictly confidential.

The Rainbows group will meet on Wednesdays after school and all children will need to be collected at 4.15 pm.

The children will meet on the following dates

Week 1 - Wednesday 9<sup>th</sup> October

Week 2 - Wednesday 16<sup>th</sup> October

**Wednesday 23<sup>rd</sup> October No meeting this week**

Week 3 - Wednesday 6<sup>th</sup> November

Week 4- Wednesday 13<sup>th</sup> November

Week 5 - Wednesday 20<sup>th</sup> November

Week 6- Wednesday 27<sup>th</sup> November

Week 7 - Wednesday 4<sup>th</sup> December "Celebrate Me" **3.15 - 7pm**

There will be a further seven weeks of Rainbows before Easter

Week 8- Wednesday 29<sup>th</sup> January

Week 9- Wednesday 5<sup>th</sup> February

Week 10- Wednesday 12<sup>th</sup> February

Week 11- Wednesday 26<sup>th</sup> February

Week 12- Wednesday 4<sup>th</sup> March

Week 13- Wednesday 11<sup>th</sup> March

Week 14- Wednesday 18<sup>th</sup> March "Celebrate Me" **3.15 - 7pm**

If you would like your child to attend Rainbows please complete the attached slip by **Monday 30<sup>th</sup> September.**

Please note that if your child attends the first 7 weeks of Rainbows they will be expected to attend the remaining 7 weeks before Easter.

If you would like any more information about the programme please see Miss Boshell

Yours sincerely,

Miss Boshell

## Rainbows Reply Slip

Name of child \_\_\_\_\_

Class \_\_\_\_\_

Please tick which applies

Child's parent has died

Child's parent has left home

Other (please state)

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Parent's /Carers signature

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