

**Sunbeams and Rainbows 2016**

The ‘Sunbeams (for pre-schoolers) and Rainbows (for primary school aged children)’ programs commence here at OLG in Week 6 this term. The programs are designed for children who are grieving and trying to cope with traumatic loss or painful transition in their lives. ‘Rainbows’ has been an integral part of the pastoral care at Our Lady of Grace School since 1997.

The program will be conducted in small groups with children from Years K-6 meeting weekly for twelve weeks during school hours. Through ‘Sunbeams/Rainbows’ children are helped to verbalise their feelings, build a stronger sense of self-esteem, dispel their guilt and anger, and rise out of their depression over the changes in their family. They are no longer alone with their grief when they gather with other children who are facing similar situations.

Children in the ‘Sunbeams/Rainbows’ program are guided through the grief process by trained facilitators.

If you think your child would benefit from participating in ‘Sunbeams/Rainbows’, please complete the form and return it to school as soon as possible. For any enquiries please see Sr Joseph. Thank you.  
Sister Joseph, School Counsellor



**SUNBEAMS/RAINBOWS PROGRAM**

\_\_\_\_\_ give permission for my child/ren to be part of the Sunbeams/Rainbows Program.  
(Parent/Guardian’s Name)

Child’s name: \_\_\_\_\_ Class: \_\_\_\_\_

Child’s name: \_\_\_\_\_ Class: \_\_\_\_\_

Signed \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian’s Name)