



28 February 2023



Dear Families

Sunbeams (Reception and Year 1) and Rainbows (Year 2 and Key Stage 2)

We are hoping to offer a course of Sunbeams and/or Rainbows Peer Support groups this year. The sessions are based on a well-established programme lasting between 12 and 14 weeks. Children join the group for lots of reasons and they may benefit from the group if they are suffering the effects of any type of loss not only death, but illness, separation and divorce, relocating, a new step family, siblings going off to university, being placed in foster care, even the death of a much loved pet.

The primary purpose of the groups is to provide a **Peer Support network, not counselling**. The emphasis is on providing a vocabulary for sharing their feelings and allowing them space to explore their own coping strategies in a safe and relaxed environment. Hopefully, they will realise that they are not the only person in their particular situation and gain comfort from that.

Much of the Sunbeam Programme is delivered through stories and interactive games whilst the Rainbows programme is a workbook of various group exercises that children gradually work through. Confidentiality is paramount and anything discussed in the group will only be shared with the group facilitators for that group and the group co-ordinator. The children will not be questioned about the details of any of their personal situations, the focus will be on how they feel, but anything they do share will be kept in confidence and this will also be explained to the children.

If you feel that your child would benefit from joining a Sunbeam or Rainbows group, please complete the slip below and return it to school. If class teachers identify children who may benefit, they may also approach you directly with information about the programme.

Mrs Clasper or Mrs Walsham will be leading the group if there is enough interest.

Yours sincerely

Mrs Nealings
Head Teacher

Sunbeams and Rainbows Nomination

I would like my child(ren) to join the Sunbeams/Rainbows Group

Name: _____ Class _____
Name: _____ Class _____
Name: _____ Class _____
Name: _____ Class _____

Reason for joining Sunbeams/Rainbows Group

Signed _____ Date _____

Please return to school office.