



## St Charles' RC Primary School

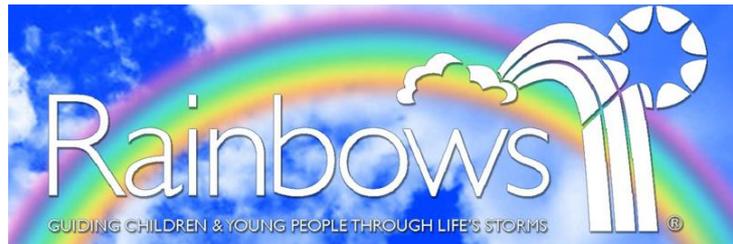
Regent Farm Road, Gosforth  
Newcastle upon Tyne, NE3 3HE  
Telephone: +44 (0)191 285 2553

Head Teacher: Mrs L Nealings

Email: [admin@stcharles.newcastle.sch.uk](mailto:admin@stcharles.newcastle.sch.uk)

Website: [www.stcharles.newcastle.sch.uk](http://www.stcharles.newcastle.sch.uk)

10 September 2019



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 overleaf 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 will be leading the group if there is enough interest. We are planning to have the sessions after the school day has finished and hopefully they will begin before the end of Autumn term.





# St Charles' RC Primary School

Regent Farm Road, Gosforth  
Newcastle upon Tyne, NE3 3HE

Telephone: +44 (0)191 285 2553

Fax: +44 (0)191 284 0690

Email: [admin@stcharles.newcastle.sch.uk](mailto:admin@stcharles.newcastle.sch.uk)

Website: [www.stcharles.newcastle.sch.uk](http://www.stcharles.newcastle.sch.uk)

## 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 Peer Support Group

Please identify your preference however this cannot be guaranteed.

Preferred evening:            Tuesday                      Wednesday                      Thursday

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please return to your child's class teacher.

Yours sincerely,

Mrs Nealings  
Head Teacher

