

December 4, 2008

To all St. Mary of the Hills School Families:

Suppose someone told you that you are special? Yet, sometimes you feel different because you live in a single-parent family or a stepfamily...Or sometimes you feel out of place when you see friends with a Mom and Dad together... Or sometimes you feel you must keep your parents happy, especially when they are sad... Or sometimes you feel that no one really understands you... Or perhaps someone you loved has recently died.

Handling the grief resulting from any one of these types of losses is a process that takes hard work.

Finally, there is a time set aside just for you- a time to get together with other kids your age and talk about what is happening in your life. St. Mary of the Hills School is pleased to introduce *Lessons of Life and Loss*, a peer support curriculum that has been established for children who are coping with death, divorce or other significant loss. This curriculum is designed to assist children enduring loss to share their feelings and learn how to deal with the many changes in their life. This program is not counseling or therapy, but simply a peer support program where children who are grieving can come together and share their feelings, coping skills, struggles and strengths with other children who are in similar situations.

Groups will meet once a week for 45 minutes for eight weeks beginning in January. They will take place either before school or after school. There are three levels: The Primary Level for students in grades 1 – 3; The Middle Level for students in grade 4 – 6 and The Junior Level for students in grades 7 – 8. Students will be placed into groups of three to six people facilitated by a trained *Lessons of Life and Loss* group leader. The activities each week are designed as a means to stimulate sharing and open communication.

Please complete the attached form if you would like to be a part of this special program and return it to your teacher by December 26th. Please do not hesitate to call Mrs. Vasta or Mrs. Brinn at 617-698-2464 or at smhvasta@yahoo.com or smhbrinn@yahoo.com if you have any questions or would like more information.

Fondly,

Pamela Vasta
Principal Pre-K – 4

Maureen Brinn
Academic Advisor

Yes, I would like to be a part of *Lessons of Life and Loss* Program:

Name: _____

Address: _____

Phone: _____ Email: _____

Please indicate the type of loss you have experienced:

_____ Death _____ Divorce _____ Separation _____ Other

Please explain (optional): _____
