October 11, 2019

Dear Parents and Guardians,

I am writing today to let you know I am excited to get the Rainbows program started again this year. As many of you may already know, Rainbows consists of peer-support groups for children who have experienced a significant loss. This loss may involve a separation, divorce, death, deployment, incarceration, illness, or other difficult transition. The group is open to all Lincoln students, and it gives the children an opportunity to work through their feelings and come to an increased acceptance of the life-changes they are experiencing.

The program offers assistance in the following areas: (1) understanding and acceptance of feelings, (2) improved self-esteem, (3) learning to trust others, and (4) putting words to what has happened.

I plan on beginning Rainbows meetings at the beginning of November. After I receive everyone's permission slips, I will form groups based on the student's grade level. Each group should have five or fewer students to ensure that each child receives individual attention and support. The groups will meet during recess time once a week until the spring, probably on Mondays or Wednesdays.

If you would like your child to participate in a Rainbows group, please return the attached permission slip to my mailbox in the school office by Friday October 25. If you have any questions or would like more information, please feel free to call me at (708) 366-7340 ext. 8167.

Sincerely,

Sharon Payton, MSW

I give permission for my child, _____ to participate in a Rainbows group during the 2019-2020 school year.

Child's grade 1 2 3 4 Classroom teacher _____

Nature of the child's loss _____

Has the child been in the Rainbows program before? Yes No

_____ _____

Guardian Signature Date