



## What is Rainbows?

The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce. It is a dedicated free service and there is no charge to pupils who attend.

Saint Attracta's Senior National School is a dedicated Rainbows site. This service will be available to your child/children in St. Attracta's Senior National School over 9 weeks from November to January. Groups meet during the school year, usually weekdays after school or early evening for 1 hour for a duration of 9 weeks.

In the meantime if you think your child would benefit from the service, but would like to know more, you can contact the Principal or Deputy Principal at 295 1627 or arrange an appointment to see us.

## Why Rainbows?

Children are mainly supported by their family and extended family. The experience of attending a support group, like Rainbows, with other children, of similar age and loss can help children realise and understand that they are 'not the only one'. The relief and understanding that comes for children meeting others in the same situation can be so reassuring and supportive for a child.

## Who facilitates the Rainbows Groups in St. Attracta's Senior School?

Groups are facilitated by trained volunteers called Facilitators. They are teacher and SNA volunteers who give of their free time for nothing. They are selected and recruited in line with Children First 2011 and are Garda Vetted specifically to facilitate the Rainbows programme.

## What happens in a Rainbows Group?

- During the 9 weeks of the programme, children are supported to identify and express their feelings around their loss. Very often they do not have the language to express their feelings.
- The core of Rainbows group support is coming together with other children of a similar age and loss and identifying with each other's feelings. This can be very supportive for a child and reduce any feeling of isolation. The activities of the programme are designed to support this process.

## Next Steps

- A letter will be sent to each family nearer the time to alert you to the programme start date.
- Parents/Guardians will be required to attend an information session in November (date to be confirmed). The purpose of this meeting is to inform parents and guardians of the Rainbows service and allow you as a parent to make an informed decision as to the suitability of your child to the service.
- Following this meeting, completed application forms will be returned to the Rainbows Coordinator, who will then contact you to confirm the dates, times and venue of the group.

## More about Rainbows

The Mission of **Rainbows Ireland** works to enable children and young people who have experienced a significant loss to access peer support. Look out for further information about the Rainbows Programme. Signs will be posted on the entrance door. You can also find out more by going to [www.rainbowsireland.ie](http://www.rainbowsireland.ie)

