



St. Ethelbert's RCP School
Headteacher: Mrs Mandy Messham



**ST TERESA
of CALCUTTA**
Catholic Academy Trust



Dear Parents,

We are pleased to announce an addition to our School's intervention programme.

From the week commencing the 20th January, we will be having weekly support groups for our children who are living in single parent, step-families or have experienced any painful loss. This can include moving to a new school, area and or a new country. This programme is called RAINBOWS. Younger children can be supported through our SUNBEAMS group.

When something significant happens in a family, the entire family is affected. Even though death, divorce or other loss issues appear to be only grown-up problems, they have a profound effect on the children who are touched by such experiences. If a parent dies, a divorce happens, or some other painful loss occurs, not only do the parents grieve, the children do also. Children may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience.

We have some very sensitive, caring and trained adults who have said "yes" to helping these children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.



Melbourne Road, Deane, Bolton, BL3 5RL
Telephone: 01204 333036
Email: office@st-ethelberts.bolton.sch.uk
Website: www.stethelberts.stoccat.org.uk



St. Ethelbert's RCP School

Headteacher: Mrs Mandy Messham



**ST TERESA
of CALCUTTA**
Catholic Academy Trust

If your child is part of a single parent family, a step-family, has experienced the death of a loved family member, friend or sibling, or is struggling through a painful experience, this will be an opportunity for him/her to share with a special someone. Again, this includes children who have experienced moving house, schools or coming to a new country.

Please read the additional information leaflet about RAINBOWS below. Through this support group, we hope to assist your child in expressing and understanding his/her feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love. We will accomplish this through peer support groups with adult Facilitators to guide them as they begin to share their experiences.

If you would like your child to join one of our Rainbow support groups then please speak to your child's class teacher or contact our school office on 01204 333036. Alternatively, you can email Miss Postlewaite our SENCo and Rainbow's Coordinator: cpostlewaite@stethelberts.stoccat.org.uk

Yours sincerely,

Miss Postlewaite
SENCo
Rainbow's Coordinator



Melbourne Road, Deane, Bolton, BL3 5RL

Telephone: 01204 333036

Email: office@st-ethelberts.bolton.sch.uk

Website: www.stethelberts.stoccat.org.uk



St. Ethelbert's RCP School

Headteacher: Mrs Mandy Messham



ST TERESA
of CALCUTTA
Catholic Academy Trust



Rainbows Bereavement Support Great Britain is a charity having direct impact on the lives of children and young people ...

"We've run Rainbows programmes for years – it's an integral part of our school curriculum in nurturing human wholeness. All staff, students and parents are aware of it ... so are OFSTED!"
(Headteacher, Catholic High School)

"I couldn't imagine our school without Rainbows – it's part of our induction programme for new staff too"
(Headteacher, Primary School)

"Rainbows has proved to be a cost effective means of supporting vulnerable children and young people within our school. It has developed the professional skills of staff and has fostered positive relationships between home and school"
(Headteacher, Community High School)

"It's great that planning and resources for each session are provided"
(Learning Mentor, Primary School)

For further information, please contact:-
Sharon Melia-Craven, National Co-Director (North)
Tel: 07764 431536
Email: Sharon.rainbowsgb@btconnect.com
Eleanor Clarke, National Co-Director (South)
Tel: 07810 624766
Email: eleanor.clarke67@gmail.com
www.rainbowsgb.org

THE DIRECT IMPACT OF RAINBOWS PROGRAMMES IN SUPPORTING CHILDREN AND YOUNG PEOPLE

INCLUSION

95% of children agreed that the Rainbows group gave them a safe place to talk about their feelings.

"It helped me by letting all my feelings out"
(Emily, Year 5)

"I had issues in and out of school. Knowing people were there within school helped me to deal with my problems properly in my head."
(Rachel, Year 11)

SELF ESTEEM

78% of young people in KS3 and 4 said their involvement in Rainbows programmes helped them to feel more confident about themselves.

"It's helped me to get my confidence back in myself ... the sadness that I go through, other people feel the same way I do, so it makes me feel more confident"
(Tayla, Year 8)



EMOTIONAL DEVELOPMENT

75% of young people in KS3 and 4 agreed that the Rainbows programme helped them to feel calmer in themselves.

"It helped me to manage my feelings more and gave me an understanding of why I'm feeling this way"
(Bradley, Year 8)

RELATIONSHIPS

71% of children felt that they got on better with their family as a result of Rainbows.

100% of young people agreed that they trust the adults who run the groups.

"It's helped me let out my feelings instead of bottling them up"
(Josh, Year 6)

"It's a time when I can say everything to someone I trust"
(Mollie, Year 9)

Research findings from "An evaluation of the direct impact of the Rainbows Programmes in supporting children and young people within South Yorkshire".
One of the regions of Rainbows Bereavement Support, Great Britain.
(available from Rainbows GB).



Melbourne Road, Deane, Bolton, BL3 5RL
Telephone: 01204 333036
Email: office@st-ethelberts.bolton.sch.uk
Website: www.stethelberts.stoccat.org.uk



St. Ethelbert's RCP School
Headteacher: Mrs Mandy Messham



**ST TERESA
of CALCUTTA**
Catholic Academy Trust



**RAINBOWS PROGRAMMES
AND RESOURCES**

Rainbows provides an emotionally safe environment for children, young people and adults to guide them through grieving a significant loss in their lives.

This is achieved by implementing a structured, age-related programme facilitated by trained staff. The participants meet in small groups for twelve to fourteen weekly sessions.

- ☐ SunBeams – Foundation Stage
- ☐ Rainbows – Key Stage 1 and 2
- ☐ Spectrum – Key Stage 3, 4 and 5
(age ranges are for general guidance only)

**RAINBOWS
TRAINING OFFERS**

- ☐ Training in bereavement and loss for ALL members of staff where Rainbows is to be introduced.
- ☐ Support for school communities to review or develop their own bereavement policy.
- ☐ Specific training for facilitators and co-ordination of the programmes and on-going support to affirm and advise colleagues in their important on-going work with those who grieve.



PARENTS AND CARERS

- ☐ 100% agreed that they were happy to be approached by the school regarding the Rainbows programme
- ☐ 96% would recommend the programme to other parents.

"I already had a good relationship with staff at my son's school, but I feel Rainbows gave him a place where he could be himself, not have to worry about how he was feeling."

"The programme made a huge difference to our family life. Our son was more able to cope with his grief and loss".

Please contact our
SENCO for more
information.
Miss Postlewaite
01204 330336
Postlewaitec@st-
ethelberts.bolton.sch.uk

Please email or telephone for further details:
Rainbows Bereavement Support Great Britain
Rainbows Resource Centre
Hall Lane, Maghull, Liverpool L31 3DZ
Tel: 0161 624 2269 • www.rainbowsgb.org



**"100% of headteachers
agreed that the
Rainbows programme
is a valuable resource
for supporting
vulnerable children in
school"**

**"97% of headteachers
agreed that being
involved in the
programme had helped
to develop the
professional skills of
the staff"**

(Independent Research 2011)

Rainbows Bereavement Support Great Britain
Charity no. 1058476



Melbourne Road, Deane, Bolton, BL3 5RL
Telephone: 01204 333036
Email: office@st-ethelberts.bolton.sch.uk
Website: www.stethelberts.stoccat.org.uk