

Quotes from our parents and children...

*I didn't want to go at first but Mrs *** made me feel welcome, I didn't have to talk if I didn't want to. Boy aged 11*

*I still feel sad when I think about **** dying, but I don't feel sad all the time. Girl aged 8.*

After my Mum and Dad split up I was really worried about some things, talking about them in Rainbows helped me to share my worries with my Mum. Girl aged 7

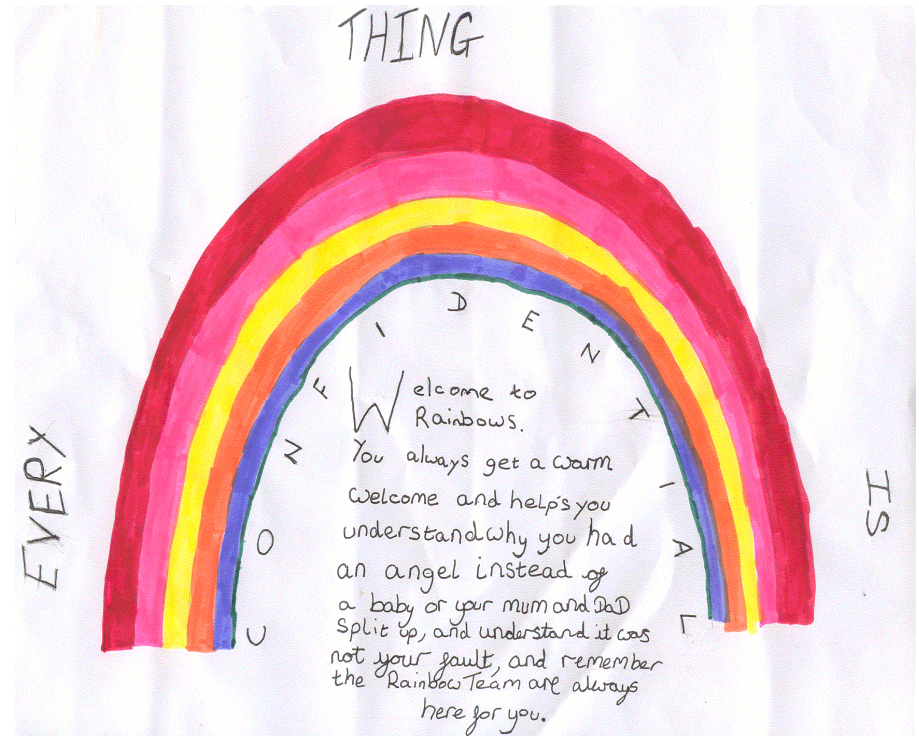
My son was quite reluctant to begin with, but felt under no pressure to 'do' or say anything he didn't feel comfortable with.. As the meetings progressed he would use the sessions for 'spring boards' for discussion at home. Bishop Eton Parent

My daughter attended Rainbows as a friend last year, I feel it has helped her appreciate other peoples feelings. The confidentiality aspect was particularly sacred, even when her big brother begged and teased her to reveal something, she replied "I can't tell you anything! It's confidential!" Bishop Eton Parent

If you would like to discuss Rainbows, please speak to Mrs Mitchell, or contact the office to make an appointment.

Rainbows

*Our Lady's Bishop Eton School
Rainbows Newsletter.*



Frequently asked questions...

What is Rainbows?

Rainbows is a non profit making organisation designed to help children who are suffering the effects of a loss, either a relationship breakdown, a death or a separation of any kind. The Rainbows programme has been used in schools within the Liverpool Archdiocese for twenty years.

When and where do the children meet?

The meetings take place at lunch time in a classroom, we arrange a day that suits everyone, they last for between 20 and 30 minutes depending upon the age of the children.

How are the groups arranged?

We usually have two adults in each group and between 4 and 8 children. The children are grouped by age, wherever possible siblings are in different groups.

I'd like my child to attend Rainbows but they aren't keen, should I try and make them go?

We have had several children who have been unsure about attending our meetings and we wouldn't **make** them come, we would try to encourage them in several ways. They can bring a friend, or, agree to come for two weeks and leave if they don't like it.

My partner and I split up a few years ago, my child has only started reacting now, is this 'normal'?

Many children do not react immediately to a situation, and when they do it may not be obvious what has caused a change in behaviour. If you aren't sure if Rainbows could benefit your child please speak to Mrs Mitchell.

What do the children have to do at the meetings?

After lighting the candle the children are invited to share how they are feeling at the beginning of each meeting, We then move on to discuss a particular theme, eg. anger.

For more information please speak to Mrs Mitchell.

My child shows no signs of distress since her father and I split up, so does this mean she doesn't need Rainbows?

It may mean she is coping well with the change in her family and doesn't need Rainbows. However, children often 'bury' their feelings to protect family members. Rainbows offers children the opportunity to share their worries with a group unconnected with their family.

Do they have to say anything if they don't want to?

No, children are given the opportunity to talk if they wish, but they don't have to do anything.

My child is worried that everyone will 'know' about his private thoughts if he talks to people in school.

At the beginning of every meeting we light a candle as a symbol of confidentiality, we have had no incidences were any information shared during a Rainbow session has ever been disclosed.

Who 'runs' Rainbows?

Our school currently has 18 trained facilitators. The site co-ordinator is Mrs Mitchell.