



Saint Margaret Mary's Catholic Infant School

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Bring a little light into the darkness.

Sunbeams is a highly successful support programme which Mrs Harris has delivered in school for the last twenty one year's supporting over **380** children who have experienced some form of loss through death, divorce or separation or had other significant changes in their lives. When something significant happens in a family, such as death or divorce, the entire family is affected. These issues have a profound effect on children. Many young children may find it hard to verbalise their feelings because of their age and/or inexperience.

Through Sunbeams, children will have the opportunity to identify their thoughts and feelings and learn the skills to express them in a positive way, build a stronger sense of self-esteem, develop their own coping mechanisms and begin to accept what has taken place in their family, in a safe and supportive environment following a structured programme.

The Sunbeams programme consists of 12 sessions including a number of celebration days, these celebration days are a special time for children to trust, learn and work together. Mrs Harris, Learning Mentor is a very sensitive and caring member of school staff who is trained as a 'Sunbeams' and 'Rainbows' Co Ordinator and facilitator.

During each 'Sunbeams' session a specific topic is discussed through either a game, story book, puppet time, a creative activity or through circle time. The following information will help you to further support your child by providing you with a breakdown of each session for you to discuss with your child at home.

Session 1— One of a kind Helping children to celebrate their own identity. School will provide each child with a teddy bear which will be incorporated into each session.

Session 2 — Inside Out Helping children understand that everyone has feelings and they are completely normal, whatever they are.

Session 3 — Why My Family Children are given the opportunity to talk about the change in their family and share their feelings.

Session 4 — Making The Pieces Fit Every child needs to begin rebuilding an acceptable new world in which to live, this session helps the child to understand that change can sometimes mean a difficult adjustment and confusion is natural.



Session 5 — Blow Ups and Let Downs Helping children to understand that anger is a necessary emotion that must be expressed in appropriate ways and to recognise that it is acceptable and normal to become angry with someone they love.

Session 6—Facing Fears and Worries Helping children to understand that keeping fears and worries to themselves is usually more frightening than sharing them. **Meeting 7 — We Are Family** What does a family look like? It doesn't have to be traditional as long as it's full of people that care about each other.

Session 8 — Where Do I Fit In? Children need to realise that they still belong to the parent even after death/divorce/loss and the bond will never be broken.

Session 9 — The Stepfamily Helping children who belong to a stepfamily cope with their new family setting and to help children who are not currently part of a stepfamily discuss their concerns, questions or emotions about the change within their family.

Session 10 — Endings & Beginnings As children work through the emotional pain towards acceptance of the changes in their life, they will come to realise that sadness is not only the emotion of endings it is also a necessary emotion for new beginnings.

Session 11—Weathering the Storms The children are taught ways of assessing situations, how to develop a good sense of responsibility and learn to accentuate the positive.

Session 12 — Reaching Out Helping the child to reach out from behind their protective barriers to share themselves with others.

SUNBEAMS will begin week commencing **3rd November 2025**. If you think your child would benefit from joining 'Sunbeams' please complete the permission slip below and return it to school no later than Monday 20th October 2025. We will then notify you personally with further details.

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I would like my child..... Class

to attend the 'Sunbeams' programme. He/she is years old.

His/her loss is: **Please tick the appropriate box**

Divorce Death ☐ Separation ☐ Foster Care ☐

OTHER LOSS.....

Please record below, any information that you feel school needs to know about in order to best support your child through the Sunbeams programme.

Parent/carers signature: Date:

Additional information:

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