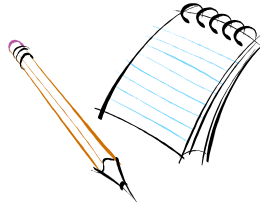


A Note from the School Counselor



Dear CH Parents/Guardians,

I just wanted to take this opportunity to let you know that I will soon be starting Banana Splits lunch groups for children in all grades experiencing loss due to separation or divorce. Following is more detailed information regarding the Banana Splits groups:

Banana Splits

Young children experiencing loss through a family's separation or divorce may feel very alone with their feelings. I will be offering guided support in a small group setting based on the program, Coming to Terms With Divorce, published by the Center for Learning. The group will meet once a week during lunchtime from the week of January 16th until the week of February 27th to discuss the following topics:

- My Journey Through Loss
- My Feelings About My Family/Myself
- My Special Family
- Divorce and the School
- Starting Over Again

Students will be encouraged to share feelings and personal insights with their families throughout this time. The importance of confidentiality regarding other families' situations will be stressed with the children. At the conclusion of the course, parents will be invited to evaluate the program.

If you would like more information please contact Mrs. Bartlett at 908.204.2633 x107 or Ebartlett@Bernardsboe.com. If you would like your child to participate, the permission slip below must be completed and returned to Mrs. Bartlett by Friday, January 13th.

Sincerely,
Elizabeth Bartlett
School Counselor

Banana Splits Permission Slip

I am interested in my child, _____, participating in the Cedar Hill *Banana Splits* group. I understand that this group will meet for 6 consecutive weeks, and that this group will take place during my child's lunch time one day a week.

Grade

Teacher's Name

Date

Custodial Parent's Signature