



St. George's School is a Rainbows site.

'Rainbows' is the name of an American charity, founded in 1983 by Suzy Yehl Marta in response to the profound grief experienced by her children following the breakdown of her marriage.

Since then, the charity estimates that some 2 million children internationally have been helped by the charity's 12 week programme which offers support and advice to children and young people coping with loss and bereavement. (For more information about the charity, please see its website:

<http://www.rainbowsgb.org/>)

Loss

It's a sad fact that Blackpool people experience more than their fair share of loss: whether that is through death, divorce, separation, or abandonment.

Grief is a very natural response to loss. It is important to grieve. When grief does not have the opportunity to express itself, it can become debilitating and even destructive.

Rainbows believes that grief needs to be recognised and supported; not denied, buried or ignored. People who are grieving need someone to walk with them. Rainbows offers students that chance.

The Stages of Grief

Elisabeth Kubler-Ross was a psychiatrist whose work focused on terminally ill and elderly patients. In her landmark book, *On Death and Dying*, she identifies

the 5 stages of grief. These stages have become generally accepted as the way in which human beings cope with all kinds of losses. The stages are:



These can happen in any order, and not everyone experiences them all. One can also jump from stage to stage missing some out while frequently revisiting others. Healthy grief eventually finds its way to a place of acceptance.

Rainbows helps children and young people to better understand the grief journey and to negotiate it appropriately.

Rainbows @ St. George's

Many students cope well with loss, supported as they are by loving families and friends. 'Care, Guidance and Support' colleagues are also available to offer a listening ear and reassurance when needed. However, there are a small number of students who appear to struggle to cope; the Rainbows course is offered to these students.

At St. George's the course is run with groups of up to 6 children of approximately the same age. The courses tend to start in February and end around June with a small party. For Key Stage 3 students (Years 7, 8 and 9) the course takes place during the school day and for Key Stage 4 students (Years 10 and 11) the course takes place after school to minimise the disruption to important GCSE lessons. Course leaders include Rev. Helen and Mrs. Ainsworth.

For more information about Rainbows, please contact:

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Jesus said, "Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

Footprints

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome
times of my life,
there was only one set of footprints.

I don't understand why, when I needed You the most, You
would leave me."

He whispered,

"My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

By Mary Stevenson