



Rainbows fosters emotional healing among children and young people who are grieving a loss through a death, divorce, separation or any other painful transition in their lives. Rainbows acknowledges that grief needs to be recognised and supported; not denied, buried or ignored.

Rainbows provides a safe setting in school in which children and young people can talk through their feelings with their peers who are experiencing similar situations. They are helped to articulate their feelings by a trained facilitator.

Rainbows supports self-esteem, trust, confidence and resilience. It promotes emotional development and positive, healthy relationships.

A new Rainbows group will be starting in this term, and we will continue to run this programme throughout the year. We welcome any girls to our group who feels they need our support or would just like to give it a try.

If you would like to find out more or to sign up for the group please contact any of the Rainbows facilitators:

Mrs Lavery: hlavery@mayfieldgirls.org

Miss Keoghane: akeoghane@mayfieldgirls.org

Mrs Le Riche: lleriche@mayfieldgirls.org

Ms Brennan: kbrennan@mayfieldgirls.org

Confidentiality is at the heart of Rainbows. Confidentiality will be kept at all times unless a child or young person is at risk. Rainbows strictly adheres to the school's safeguarding policies.