

11<sup>th</sup> January 2022

Dear Parents & Carers,

We hope this letter finds you well and that you had a peaceful Christmas break.

We wanted to provide you with an update regarding an upcoming VotesforSchools lesson, which will be delivered during the week of **17<sup>th</sup>-21<sup>st</sup> January 2022**. The subject of the lesson will be **loss and bereavement**.

In developing this topic, VotesforSchools have consulted closely with the [UK Commission on Bereavement](#), which includes professionals from the [Childhood Bereavement Network](#) and [Marie Curie](#). The aims of the UK Commission on Bereavement are to explore the services currently in place for bereaved people, and assess how these can be improved, especially in light of the Coronavirus pandemic. They are particularly seeking feedback from children and young adults.

It was agreed by the Commissioners that the VotesforSchools lesson should focus on coping with loss and bereavement. This is to develop further resilience in young people who may have recently been bereaved, or who may experience this in the future. We also hope it will allow all members of the school community to show empathy for others who may experience loss and allow them to feel comfortable sharing their feelings.

We recognise that this is a very sensitive topic, which will hit close to home for many of our young people and their families. We also appreciate that culturally, some students may find the discussion particularly challenging. It is for these reasons that we wanted to provide you with advanced warning of this topic, so that you can prepare to potentially continue this conversation with your child(ren) outside of school hours. We hope you will agree that, despite being a difficult conversation, this is a necessary one for all our students, no matter their situation.

VotesforSchools has provided a list of resources that will be instrumental in having a productive conversation about loss and bereavement – you can find these overleaf.

Please feel free to get in touch if you have any further questions.

Yours sincerely,

Mrs L Morgan  
Assistant Headteacher for Personal Development

*To access the resources below, click the links or enter the search terms into your browser. For school-based resources and advice on this topic, please check out our Teacher Guidance Sheet.*

- ✓ The Childhood Bereavement Network has a **local support map** to help you find **help and services** where you live. [Search Term: [Childhood Bereavement support map](#)]
- ✓ Child Bereavement UK has **support videos** and **information for families** supporting bereaved children. [Search Term: [Child Bereavement UK supporting young people](#)]
- ✓ Winston's Wish is a UK-based **child bereavement charity**, which offers a range of **practical support and training**. [Search Term: [Winston's Wish](#)]
- ✓ Sudden is a **charity** that focuses on those who have been **bereaved** because of a **sudden or premature** death. [Search Term: [Sudden charity](#)]
- ✓ Grief Encounter exists to **help children and young people cope** with the various **emotions** associated with **bereavement**. [Search Term: [Grief Encounter parents & carers](#)]
- ✓ Hope Again has a **messaging platform** that children and young people can use to **talk to a trained volunteer**. [Search Term: [Hope Again contact us](#)]
- ✓ Marie Curie offers **free** bereavement support on **0800 090 2309**, or have a **range of information** on their **website**. [Search Term: [Marie Curie bereavement](#)]
- ✓ If you would like to participate in the surveys from the **UK Commission on Bereavement**, there are options for adults as well as for children and young people. [Search Term: [UK Commission on Bereavement surveys](#)]