



REDHILL SCHOOL

26 May 2023

Dear Parent/Carer,

Yesterday we received some sad news within our school community. Sadly, one of our students from Year 9 passed away. We shared the news with our staff last night and today we have communicated the news to the wider school.

For those students who were close to the young man, the news will be hard to take, we have offered these students support from our staff who are trained in bereavement support.

For the wider school, we will do all we can to support any student who needs it. Whilst your child may not have known the young man, hearing the news of the school's loss may affect them. Please contact us if you need our help. I have also attached a help sheet from the Dudley Educational Psychology support service.

The young man was an inspiration, he brought joy and happiness. He was brave and courageous. We were very lucky to be part of his life. Our community will be strong and we will all support one another during these times.

Please contact us if you have any questions or if we can support you or your child in anyway.

Yours sincerely,

Mr James Clayton
Headteacher

“Commitment to excellence”

Helping your child cope successfully with trauma

1. As parents/carers:

- Recognise that you have had a shock too
- Talk to others who can support you so you can support your child

2. Try to let your child:

- Talk about their feelings and what is in their mind
- Know its ok to cry and feel upset
- Being sad
- Express feelings in other ways like writing or drawing
- Keep in your normal family routine
- Feel in control by making choices about meals or clothes

3. Understand that the following reactions are normal for while:

- Flashbacks or reliving the event
- Avoiding reminders of the event
- Being disrespectful or rude or anti-social behaviour
- Feeling ill or physical complaints
- Sleep problems or nightmares
- Feeling isolated, confused or depressed
- Thoughts about harming self
- Behaviour from an earlier stage in childhood

4. Try to avoid:

- Expecting your child to show you they are being brave or tough
- Your child feeling pressure to show the family that they are ok
- Shutting down discussion or telling your child not to think about it
- Your child discussing the event before they are ready
- Being angry if they show strong emotions

5. Finally remember:

- Pay attention to any severe reactions or changes in behaviour contact your GP
- If after a month in a safe environment your child can't follow normal routines or new symptom develop, contact your GP
- Healing takes time and most children recover well with support from their family, friends and school