

### Dealing with bereavement and loss

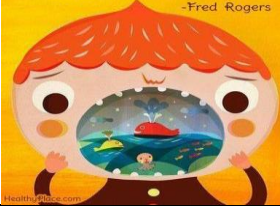
Schools are preparing to support children and families through this difficult time where by it is estimated that 1 person in each class will be affected by the virus. Please know that as a school we are here to help with support and give information if and when your family may need it. Please find below some useful websites and contact details of sources of support.

#### Bereavement and Loss

Tips	<p>Please let us know at school if you have been affected so that we can offer help and support to you and your family.</p> <p>The bereavement leads at our school are:</p> <p>Miss De Filippis      head@puttenham.surrey.sch.uk</p> <p>Mrs Dynan              support@puttenham.surrey.sch.uk</p> <p>We also have Mrs Shaw our ELSA who has valuable knowledge and strategies to support children with their emotions.</p>
Resources	<p>Winston's wish <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p> <p>Cruse <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p> <p>Child bereavement.uk <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p> <p>Childhood bereavement network: <a href="http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx">http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx</a></p> <p>Young minds <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p>Jigsaw <a href="https://www.jigsawsoutheast.org.uk/">https://www.jigsawsoutheast.org.uk/</a></p> <p>Stories to share with children about the loss of a loved one:</p> <p>Badger's Parting Gifts by Susan Varley</p> <p>The Heart and the Bottle by Oliver Jeffers</p> <p>Where Are You Now? By Tyler Clark Burke</p> <p>Create a 'My memory booklet' together. It could be done over several sessions perhaps once a week, recalling fond memories; these can be recorded in pictures, drawings or writing. It is important for the child to know they can come and talk to you whenever they want to.</p>

When we can talk  
about our feelings,  
they become  
less overwhelming,  
less upsetting,  
and less scary.

-Fred Rogers



Healthyschools.com