

Sample letter for parents and carers

Dear Parent / Carer

As part of developing our pupils' emotional health and well-being in school, we will be introducing the topic of death and grief. We will be using resources developed by Child Bereavement UK in partnership with London Grid for Learning. Child Bereavement UK is a highly respected national charity providing support to bereaved children, young people and families, and training professionals who work with bereaved families.

Having conversations about death and grief will help all pupils, whether bereaved or not, to begin to explore bereavement and emotions in an age-appropriate, straightforward, and sensitive way. We believe it is very important for young people to have the opportunity to develop coping skills to help them know how to respond to a bereaved friend, or to be prepared should anyone important to them die now, or in later life.

Many people feel at a loss to know what to say when young people have questions about death, or when a young person experiences the death of someone they know. [Explaining death and dying to children](#) is a useful guide from Child Bereavement UK to help adults talk to children honestly about death and grief. All pupils have been impacted by the global pandemic, many will know someone who has been bereaved or will have been affected by the daily death rate updates in the news. There has never been a more appropriate time to have honest conversations about death and grief with our young people.

To ensure their well-being, please inform the school of any bereavements that your child has experienced, or any illness in the family which may lead to a bereavement. This will help staff to prepare the pupil beforehand and to be aware of their individual experiences. Any details will be treated sensitively. Please be assured that support will be in place for all pupils during the session and subsequently.

If you would like more guidance, support or information, Child Bereavement UK has an excellent website [www.childbereavementuk.org](http://www.childbereavementuk.org). They can be contacted Monday to Friday 9am to 5pm on Live Chat via the website, Helpline 0800 02 888 40 or email [support@childbereavementuk.org](mailto:support@childbereavementuk.org).

Please do contact me if you have any concerns, questions, or would like more information.

Yours sincerely