



FITTLEWORTH CHURCH OF ENGLAND VILLAGE SCHOOL

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13th November 2023

Dear Parents and carers,

I am writing to you to inform you of some lessons I will be teaching in Ash and Maple class on loss, grief and bereavement. This is partly in response to a number of cases of loss in these classes. However, children regularly experience losses in their lives whether it be their first special toy, the separation of parents or the loss of a loved one or pet. Loss, grief and bereavement are inevitable parts of our lives. Furthermore, it is statutory requirement to teach our children to deal with difficult feelings and we want them to be emotionally healthy and strong. We also want them to know how to support others, as we find ourselves in these moments, its often hard to know what to say.

I have completed training to create a safe and engaging learning environment and to be able to answer questions related to loss and bereavement. I will also use age appropriate materials to support learning. One book we will be looking at is called 'Heart in a Bottle' by Oliver Jeffers. I would also like to take this opportunity to reassure you that this teaching will be delivered in a sensitive and most positive way. Talking about loss and bereavement can make it feel normal and acceptable to the children rather than something that is too horrible and scary to mention. Silence and not talking is likely to be more damaging.

Finally, and most importantly, if your child has experienced a significant loss or bereavement that we don't know about, recently or in the past, or if there is a family member or friend who is seriously ill, please get in touch. We can also discuss with you, if you are concerned about them being part of these sessions. However, I will be giving the option to the children, that if they feel it's too much at any point, they will be able to leave the classroom and go to a safe space with Ms Tudgay. If you would like to know more about these lessons please do not hesitate to get in touch with me.

Warmest wishes,

Emily Phillips.