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9<sup>th</sup> October 2025

Dear Parents/Carers,

As you all know, I sent a brief message via Edulinkone yesterday morning to inform you all of the tragic news about Brody's death. Brody (year 8) was a lovely young man; he was known for his bouffant hair style, his humour and most notably for his amazing musicianship. He will be missed by us all.

Since I sent the message, I can tell you that our school community has been very well supported by Lancashire County Council and by other organisations, most notably by our local network of schools who have kindly enabled us to have several counsellors on site all day yesterday and today.

Students had some extended time with their form tutors yesterday morning and those who were struggling have been given additional support by the pastoral team and/or from one of our counsellors.

Despite the support that we have given, we know that there will be children who will be struggling with their emotions in what is an unprecedented situation for most of them. Some children will be able to gradually process their grief with the support of their parents/carers and friends. Others may still need support in school now or at some time in the future. If you feel that your child is going to need some additional support in school, please contact their form tutor using the Edulinkone app to let us know.

Some information has been collated to help parents/carers to navigate this situation with your child/children at home.

I'd like to thank parents, staff and children for supporting each other during this very difficult time.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mr A Oliver'.

Mr A Oliver  
Headteacher



# Supporting Your Child After a Death

We understand that talking to a young person about the death of someone they knew can feel daunting. This guidance is designed to help you support your child through their grief in a clear, age-appropriate way.

## Talking About the Death

- **Be honest and clear:** It's important that your child hears about the death as soon as possible and from someone they trust. Speak to them in a familiar, comfortable space and stay close to offer reassurance.
- **Use clear language:** Although it can feel difficult, using the word “*dead*” helps young people understand what has happened. Euphemisms such as “gone to sleep” or “lost” can lead to confusion and fear.
- **Give a simple explanation:** You might explain that when someone dies, their heart stops, they don't breathe anymore, and they can't feel pain.

## Showing Your Own Emotions

- It's natural to want to protect your child by appearing strong, but showing your feelings can give them permission to express their own.
- Let them know it's okay to cry, feel angry, or be quiet. Encourage them to talk or share when they're ready.

## Understanding Takes Time

- Grief is not immediate or predictable. Young people may take time to process the permanence of death.
- Be prepared to repeat explanations gently and consistently over time.

## Helping Them Express Feelings

- Teenagers may show their feelings through behaviour as much as words. They might act irritable, withdraw, or behave differently from usual.
- Encourage them to express themselves through talking, drawing, writing, sport, music, or other activities.
- Continue to give care and attention, even if their behaviour is challenging.

## Reassurance Is Key

- Young people may imagine they somehow caused the death. Reassure them clearly and repeatedly that it was not their fault and that nothing they did or thought caused it.

## Sharing Information

- Be honest and age-appropriate when explaining what happened. Teenagers will often have thoughtful and sometimes difficult questions about death.
- It's okay to take time to think about how to answer their questions. Agreeing on a later time to talk can be helpful.

## Memories and Talking

- Talking about the person who has died, keeping mementos, or visiting special places can bring comfort.



- If the death was traumatic, clear explanations and opportunities to talk through memories can help reduce distress and nightmares.

### Common Reactions in Teenagers

- **Sadness and crying:** Reactions can be unpredictable — some may cry often, others in short bursts. Avoid telling them to “be brave.”
- **Anger and guilt:** It’s normal to feel angry at the situation, at others, or even at the person who died. Reassure them repeatedly that the death was not their fault.
- **Relief:** If the death followed a long illness or difficult relationship, feelings of relief are normal and not disrespectful.
- **Anxiety:** They may worry about losing others. Reassure them clearly and explain the difference between illness and death in simple terms. This may be especially relevant for a child who has someone close to them who is unwell, as they may fear that they too could become more seriously ill and die.

### School and Friends





- Returning to routine can help. Speak to your child’s Head of Year, pastoral manager, or form tutor/trusted teacher to agree on how school can support them (e.g. somewhere they can go if upset).
- Friendships can feel different after a death. Encourage your child to think about what they want to say to friends and remind them that it’s okay to have different emotions from their peers.

### Physical and Behavioural Changes

- Teenagers may experience headaches, stomach aches, sleep problems, or concentration difficulties. These are common responses to grief.
- Offer care and understanding, and encourage them to talk about how they’re feeling.

### Further Support

If you or your child needs extra support, the following services can help:

Support website:	QR code:
<a href="#">Cruse Bereavement Support</a>	
<a href="#">Winston’s Wish</a>	
<a href="#">Child Bereavement UK</a>	
<a href="#">Grief Encounter</a>	



<a href="#">Kooth</a>	
<a href="#">NHS Mental Health Support</a> 0800 014 9995	

