

**Wilby Church of England (VA) Primary School**  
**Bereavement Policy**



*Together we are inspired to learn within the family of God's love.  
We encourage one another to reach our full potential within a Christian atmosphere.  
John 13:34  
"A new commandment I give to you, that you love one another as I have loved you."*

**Introduction**

This document is a statement of the aims, principles and strategies for the support of bereaved families and staff at Wilby CE VA Primary School as well as outlining how we will deal with a tragedy such as the death of someone within the school community. It was developed through a process of consultation with teaching staff. It was approved by the Governing Body on 20<sup>th</sup> May 2020. It will be reviewed again in April 2023.

We understand that bereavement is faced by members of our school community at different times. 1 in 29 pupils aged five to sixteen-years olds has been bereaved of a parent or sibling – that is almost one in every class. Many more are bereaved of a grandparent, relative, friend or other significant person. Within a school community there will almost always be some pupils who are struggling with bereavement – or sometimes the entire school community is impacted by the death of a member of staff or a pupil which can be particularly difficult. Pupils need to be supported when they experience family bereavements and other significant losses in the course of their lives while they are at school.

This policy will provide guidelines to be followed after a bereavement. The aim is to be supportive to both pupils and adults, and for staff to have greater confidence and be better equipped to cope when bereavement happens. Every death and the circumstances in which it occurs is different and this policy has been constructed to guide us on how to deal professionally, sensitively and compassionately with difficult matters in upsetting circumstances.

This school is committed to the emotional health and well-being of its staff and pupils. We are dedicated to the continual development of a 'healthy school'. We wish to work towards this in all aspects of school life, and to provide an ethos, environment and curriculum that support and prepare pupils for coping with separation or loss of a loved one within our Christian atmosphere.

**Aims**

**Following a Bereavement:**

**We believe that children and adults alike have the right to:**

- be given space and time to grieve
- be given support from whichever source is deemed the most appropriate – if possible, of their own choice.
- encounter a caring environment in which they feel safe to demonstrate grief without fear of judgement.

**We recognise that:**

- grief may not always be apparent to the onlooker, but its invisibility makes it no less real.
- differing religions/cultures view death and bereavement from different perspectives and all viewpoints should be taken into consideration and given equal value in the school environment.
- the death of a child has huge repercussions beyond the immediate teaching/care team of that child and every effort should be taken to inform and deal sensitively with the far reaching contacts.

**The Management of Bereavement in School**

A universally accepted procedure outline will, in itself, not enable everyone to feel comfortable in dealing with the practicalities of death and bereavement. Each bereavement is unique and comes with its own specific challenges; however, it is helpful to have a framework on which to build. One of our main concerns must be the immediate family of the deceased and as a school we state our commitment to any such family as they may need practical, emotional and ongoing support.

**Transition**

It is vitally important to ensure that if a child has experienced bereavement that this information is passed on to the relevant persons when they move on to a new class or school.

**Equal opportunities**

All children and families will be supported through a bereavement irrespective of their race, disability, religious beliefs or gender.

**Death of a Child**

The school may be notified in a number of ways. Upon notification of the death of a pupil:

- Parents may let the school know directly and the person answering the phone will put them through to the most senior member of staff on site.
- Where death occurs in the holidays or at weekends the parents will contact member/s of staff through our messaging facilities or through the school mobile phone
- The member of staff who takes the call/message will immediately contact the most senior member of the school team possible and that person will then assume responsibility for the dissemination of the information.

### **Death of a Child in School**

- If any member of staff has concerns regarding a child's health they will contact a first aider and ideally the Head teacher or Assistant Head teacher.
- In the case of serious concern, the school will call for an ambulance. Due to the seriousness of the situation, this decision can be taken by the first aider or a member of the SLT.
- Immediately inform the Head teacher or, in her absence, the most senior member of staff on site.
- The Head Teacher will then ensure that the parents are contacted and seek their agreement to meet the ambulance at the hospital.
- If the child stops breathing a trained school staff member will administer CPR. In some cases, parents may have given the school a protocol to be followed in the event of a serious health incidence. In rare cases, this may include a request that mechanical resuscitation is not administered. However, whilst the school respects the parents' preference in this matter, due to the statutory responsibility imposed on the school regarding "duty of care", the need for school staff to administer manual CPR overrides such preference. Once the ambulance has arrived at school, the child is given over to their care and it is the ambulance team's decision as to where the child is taken or which form of treatment is administered.
- Where the parents have given the school a protocol to be followed in the event of an emergency medical issue occurring - e.g. no resuscitation - this protocol will be handed to the paramedics.
- Any change in circumstance following the first call to parents should be reported to them as soon as possible. **NB:** Staff must not impart shocking or worrying news to a parent if they are travelling in a car alone.
- Once the child is placed in the ambulance a member of staff will be appointed to travel to the hospital either in the ambulance or in their own transport. The purpose of this is to be a familiar face to the child's family on their arrival at the hospital. This person will remain in regular contact with Head teacher and/or the Assistant Head teacher.
- The school will notify the LA if there is a death in school at the earliest opportunity. All press enquiries are to be routed through the Head teacher, Chair of Governors and LA Media Team.

### **Death of a Child on a School Trip**

If a crisis situation occurs whilst a child is out on an educational trip, then the adult with the child - or the teacher in charge - should telephone for an ambulance first and then contact the school to inform the Head teacher. The school will then take the responsibility of contacting the parents. Once the ambulance team reaches the child, the child becomes the responsibility of the ambulance team and they will direct any subsequent actions. The off site visits protocols give guidance for such situations and should be followed. The school will notify the LA, at the earliest opportunity, if there is a death out of school. The above procedures and protocols will then apply.

### **Procedures and Protocol**

#### **Sharing information**

It is important to agree, with the parent, before the school can take on the role of informing concerned parties within, or outside, the school community. Parents may be grateful to have this burden taken away from them, as they have many people unconnected with the school to contact. There can be no definitive list of people to contact and, therefore, it will be different for each child. The school should ensure that all people who are close to the child are told in a sensitive and supportive manner rather than risk them hearing it 'on the grapevine'. The school needs to ensure it does not add to the sorrow by leaving people feeling marginalised.

The following people should be considered:

- Current school staff not in school that day
- Previous school staff who worked closely with the child
- Social Work team if applicable
- SEN team
- Medical team – the school nurse for example
- Taxi driver and escort if applicable
- Chair of Governors
- Respite centres if applicable
- Other professionals who work with the child – Educational Psychologists
- Other parents – if children have been informed, the school needs to send a note to parents informing them of the loss, and they may need to support or comfort their children. See Appendix C.

Some parents may need to be telephoned if their relationship is closer but who may not have been informed by the family.

The process for telling the other pupils will be decided by the Head teacher following consultation with the teaching staff. For example, with different aged pupils there will be different decisions made and the class teacher of the class with the loss will usually be the best person to tell the rest of the children in that class. It is important that staff avoid adding worry – for example, if the child died in hospital we do not want to give children a fear of hospitals. Although the finality of death cannot be diminished, if there are mitigating circumstances that may help - such as that the child was in pain and now is free of pain - this can be used to help alleviate sorrow.

Children must be told that, while they may feel sad, they do not have to feel guilty if they go on to have fun and pleasure in their day ahead. They must not feel obliged to assume a burden of grief. Children must be allowed to ask questions at this time or at any point in the following days or weeks. Staff must answer honestly and to the best of their knowledge. See Appendix D.

If a pupil dies by suicide, Samaritans provide a Step-by-Step programme to support schools. They can be contacted on: 0808 168 2528

### **Responding to the Media**

Some deaths, particularly those in sudden or traumatic circumstances, attract media attention. All members of staff are advised not to respond to journalists and to refer all enquiries to the Head teacher, who will make a considered response after seeking assistance from the LA Press Office.

### **The funeral**

- It is essential to sound out the family's wishes. The family may well welcome involvement of members of the school community but equally, may wish to keep things private.
- The Head teacher and/or the Assistant Head teacher will make arrangements for the school to be represented at the funeral, and identify which staff and pupils may want to attend, together with the practicalities of issues such as staff cover and transport. For some schools it is appropriate to close, for others it is not, consequently difficult decisions will sometimes have to be made concerning attendance.
- Will flowers be sent and/or a collection made? Involve staff and pupils in the decision.
- Cultural and religious implications need consideration.
- If the parents wish to visit the school at any time after the funeral, this will be agreed. Past experience has shown that this can be helpful in their grieving.

### **Memory Assemblies**

It may be appropriate to hold a memory assembly for the child. Staff need to be able to show pupils that it is perfectly normal to feel upset at the loss of a friend and that helpful rituals, prayers, and remembering can be shared in a manageable way together.

### **On-going Support**

#### **For staff:**

- Following bereavement, it is only to be expected that some members of staff will be emotionally affected and would benefit from the provision of some time for reflection. The following support may be helpful:
- A specific room could be allocated- e.g. the Staff Room - for the duration of a lunchtime to enable staff to meet and share their thoughts over a coffee or tea. It should be emphasised that anything shared on such occasions should be held as confidential and not for public airing.
- Access to one to one time with a member of staff, our Parent Link Worker or the school vicar who is trained in bereavement support.
- The Educational Psychology team offer counselling support and staff will be reminded about this service.
- Availability of information about accessing bereavement support outside of school, eg: CRUSE

#### **For Pupils:**

Most pupils can be supported by the school staff.

- In most cases, each child will have a favoured member of staff to approach.
- The PSHE co-ordinator and Parent Link Worker will ensure that we have suitable books and other materials to help children discuss death and come to terms with loss.
- Social Stories may be one way to help pupils to understand loss.
- The Educational Psychology team can offer support to pupils who may need more help.
- Access to one to one time with a member of staff, our Parent Link Worker or the school vicar who is trained in bereavement support.

#### **For the Family:**

The school will:

- Communicate with the family straight away and offer support.

- Send a letter of condolence from the school. See Appendix E.
- Give parents and family the opportunity to collect any personal belongings of the person who has died.
- Send a representative to the funeral.
- Hold a collection /flowers to be sent as appropriate.
- Access to one to one time with a member of staff, our Parent Link Worker or the school vicar who is trained in bereavement support.
- Invite parents/family to any commemorative events held by the school, both at the time and in subsequent years.
- If memorial work has been completed, for example a remembrance wall or book, then this should be returned to the parents at an appropriate time, and pupils informed where it has gone.
- If the parents wish to visit the school at any time after the funeral, this will be agreed.
- Parents will be told that they are welcome in the school and will be encouraged to come and visit. Past experience has shown that this can be helpful in their grieving.
- The first visit to the school is often difficult and will be arranged sensitively in accordance with the parents' wishes. It will then be for the parents to decide if they wish to maintain on going links. Each family will be different, with differing needs. Therefore, the school will always be there to act as a source of support and information.

### **Death of a parent**

All of the principles and procedures listed above apply to the death of a parent. The school may be notified in a number of ways. Upon notification of the death of a parent:

- Parents may let the school know directly and the person answering the phone will put them through to the most senior member of staff on site.
- Where death occurs in the holidays or at weekends the parents will contact member/s of staff through our messaging facilities or through the school mobile phone
- The member of staff who takes the call/message will immediately contact the most senior member of the school team possible and that person will then assume responsibility for the dissemination of the information.

### **Death of a Member of Staff**

All of the principles and procedures listed above apply to the death of a staff member. For a letter template see Appendix C.

In addition to the above, the school will notify the LA as employer. Where appropriate to the wishes of the staff member's family, the Head teacher will seek permission from the Chair of Governors to close the school so that all members of staff are able to attend the funeral.

### **Death of a Family Member**

Most children will experience loss of a family member during their time at school. It is important that communication with parents is strong so that we are kept informed of deaths of family members or imminent deaths in order to fully support children and families.

Children will have access to one to one time with a member of staff or our Parent Link Worker in order to share their worries and create memory items to help in their grieving process.

### **Responsibilities**

The designated person within the school who has overall responsibility for support and liaison in event of a death or traumatic loss is the Head teacher. In the event that this person is absent then another Senior Leader will take responsibility.

Their responsibilities are:

- Policy development and review, involving pupils, staff, governors, parents/carers and relevant local agencies.
- Implementing the policy and reflecting on its effectiveness in practice.
- Using the expertise within the school and sharing the responsibilities.
- Establishing and co-ordinating links with external agencies.
- Cross-phase liaison with other primary or secondary school.
- Accessing and co-ordinating training and support for staff.

The nominated governor with responsibility for bereavement is: Lynette Dudley. Her responsibilities are:

- To contribute to generating and updating the policy.
- To support the Head Teacher in overseeing the way in which bereavement is managed.
- To support the Head Teacher in overseeing the way in which bereavement is tackled in the curriculum.
- To review practice.

## **Appendix A - List of Online Resources and Information**

[www.winstonswish.org.uk](http://www.winstonswish.org.uk) A useful website offering practical ideas for helping those bereaved in the family and school community.

[www.chums.info](http://www.chums.info) A bereavement support service for children who have suffered a loss.

[www.childbereavement.org.uk](http://www.childbereavement.org.uk) A bereavement support service for children who have suffered a loss.

[www.juliesplace.com](http://www.juliesplace.com) A support resource for bereaved siblings.

[www.bhf.org.uk/smallcreature](http://www.bhf.org.uk/smallcreature) British Heart Foundation site to help children come to terms with loss using cartoon creatures. An animated film and we have a printed pack to go with it.

[www.bbc.co.uk/.../bereavement/bereavement\\_helpchildren.shtml](http://www.bbc.co.uk/.../bereavement/bereavement_helpchildren.shtml)

Information on the way bereavement affects children

- <http://www.crusebereavementcare.org.uk> An organisation offering local bereavement support to both adults and children.
- <http://www.childhoodbereavementnetwork.org.uk/index.htm> Federation of organisations.

## **Appendix B - Books on Bereavement**

### **GRANPA**

John Burningham (Puffin, 1998, ISBN 0099-43408-3)

Designed to stimulate discussion rather than to tell a story, the book has a series of scenes of a little girl and her grandad, with comments from each or both of them. At the end, she is shown staring at his empty chair, without comments. The book allows the adult to direct discussion about not only the good things that the child remembers, but also the not so happy memories.

### **WHEN DINOSAURS DIE**

L & M Brown (Little, Brown, 1996, hb, ISBN 0-316-10197-7)

Charming busy anthropomorphic pictures of dinosaurs illustrate topics and questions and a range of answers about death: Saying Goodbye; Customs and beliefs about death; Why do people die? What does "dead" mean?. It is also quite acute psychologically, acknowledging that disbelief, anger, fear, and sadness are common feelings when someone dies. Expensive, but attractive and appealing to children.

### **REMEMBERING GRANDAD**

Sheila and Kate Isherwood (Oxford, ISBN 0-19-272368-5)

A girl's grandfather has died and looking back over the happy times they enjoyed together helps her to cope with the loss. Very specific episodes and illustrations give it a life-like feel. Sensible and sound if a little stereotyped in its pictures of family life, it could help children to think about how to remember someone.

### **FRED**

Posy Simmons (Jonathan Cape, 1987, ISBN 0-2240-2448-5)

When Fred the cat dies, his owners Nick and Sophie attend his funeral and learn about his secret life as a famous singer. The story raises the idea of celebrating a life in a good-humoured and touching way, with entertaining pictures and not much text.

### **GRANDAD, I'LL ALWAYS REMEMBER YOU**

De Bode and Broere ( Evans / Helping Hands, 1997, ISBN 0237-51755-8)

A picture book about loss and memories, and potentially a good stimulus to talk about a bereavement.

LIFETIMES Beginnings and endings with lifetimes in between – a beautiful way to explain life and death to children

Bryan Mellonie and Robert Ingpen (Belitha Press, 1997, ISBN 1-85561-760-9).

places human life and death firmly in the natural world, and the tone is quietly reflective: "All around us everywhere, beginnings and endings are going on all the time. It may be sad, but it is the way of all things. For plants; for people; and for birds".

### **BADGER'S PARTING GIFTS**

Susan Varley (Collins Picture Lions, pb, 1992)

An old favourite, a charming illustrated book in which a very old and much loved badger dies. The forest animals gather and reminisce about the important part Badger played in their lives, and as time passes memories of Badger make them smile. These memories were different for each of them, including very recognisable things like a favourite recipe or showing someone how to knot a tie - Badger's "parting gifts"

### **WE LOVE THEM**

Martin Waddell (Walker Books, 1990, ISBN 0-7445-7256-8)

Death is seen very much as part of life in this nicely illustrated story of life in the country, which conveys the idea that life goes on and that old creatures give way to young ones. But it is a bit too matter of fact about loss - barely is the old dog dead than the children have found a new one, is there an implicit message that dead pets (and people?) are easily replaced.

### **GRANDMA'S BILL**

Martin Waddell (Macdonald Young Books, pb, ISBN 0- 7500-0307-3)

Bill's grandma is a widow, and he learns about her "other Bill" by looking through her photo album with her. A bit too stereotypically suburban and middle class for general appeal perhaps. Some like its ordinariness, gentleness and factual accuracy, and couldn't fault what it had to say about death and living on in memories and in the family.

### **I'LL ALWAYS LOVE YOU**

H Wilhelm (Hodder & Stoughton, 1985)

A touching story of the love between a little boy and his dog, who have grown up together. When the dog dies, the boy says that, although he is very sad, it helps that he used to tell the dog "I'll always love you" every night. An opportunity to discuss the importance of telling how you feel. Aimed at 4 to 7 year olds and delightfully illustrated.

A BIRTHDAY PRESENT FOR DANIEL

Juliet Rothman (Prometheus Books, ISBN 1-57392-054-1)

This story of a little girl whose brother has died is intended for children aged 8-12. "A difficult subject handled very well and movingly".

## **Appendix C**

### **Template of a letter informing parents of the death of a pupil**

*Before sending a letter home to parents about the death of a pupil, permission must be gained from the child's parents.*

*The contents of the letter and the distribution list must be agreed by the parents and school.*

Dear Parents,

Your child's class teacher/form tutor/head teacher/head of year had the sad task of informing the pupils of the death of <Name>, a pupil in <Year>.



<Name> died suddenly/in hospital/after a short illness yesterday/last week/over the weekend/during half term.

He/She was a <valued/cherished/highly-regarded/well-liked/popular/friendly> member of the class/school community and will be missed by everyone who knew him/her.

When someone dies, young people may experience many different feelings, such as sadness or anger. Some pupils may feel shocked and upset by the news, while others may be confused or numb. These reactions are all normal.

We have tried to answer their questions in school, using age-appropriate and honest language. For more information about speaking to children and young people about death, visit the Child Bereavement UK website [childbereavementuk.org](http://childbereavementuk.org).

Our thoughts are with <Name's> family and friends at this time. We will be in touch with details of how our school will celebrate/remember <Name's> life.

Sign-off

Headteacher

## Template of a letter informing parents of the death of a member of staff

Dear parents and carers

I am sorry to inform you that a <well-respected/long-standing/well-loved/popular/well-known> member of our staff, <Name>, died <suddenly/in hospital/after a short illness>.



The pupils were told today by their <class teacher/tutor/head of year/in assembly> and many will be reacting to this news. When someone dies, young people may experience many different feelings, such as sadness or anger. Some pupils may feel shocked and upset by the news, while others may be confused or numb. These reactions are all normal.

We have tried to answer their questions in school, using age-appropriate and honest language. For more information about speaking to children and young people about death, visit the Child Bereavement UK website [childbereavementuk.org](http://childbereavementuk.org).

Our thoughts are with <Name's> family at this time. We will be in touch with details of how our school will celebrate/remember <Name's> life.

Sign-off  
Headteacher

## **Appendix D**

### **Supporting pupils**

The following guidelines are taken from CRUSE bereavement care website. They are general principles, and need to be thought about whatever the needs of the child are. Adapt and aid communication as appropriate.

#### **Loss from a child's perspective**

For many children and young people the death of a parent, caregiver, sibling or grandparent is an experience they are faced with early in life. It is sometimes incorrectly assumed that a child or young person who is bereaved by the death of someone close at a young age will not be greatly affected as they are too young to understand the full implications of death.

This is untrue and unhelpful. Even babies are able to experience loss. A baby cannot cognitively process the implications of the bereavement but that does not mean that they do not feel the loss.

#### **Accepting the child's experience**

Children and young people need to be given the opportunity to grieve as any adult would. Trying to ignore or avert the child's grief is not protective, in fact it can prove to be extremely damaging as the child enters adulthood. Children and young people regardless of their age need to be encouraged to talk about how they are feeling and supported to understand their emotions.

It is also important to remember that children and young people grieve in different ways. Grief is unique and therefore it is not wise to assume that all children and young people will experience the same emotions, enact the same behaviour or respond similarly to other grieving children and young people. A child or young person's grief differs from that of an adult's grief because it alters as they develop.

#### **Time to grieve**

Children and young people often revisit the death and review their emotions and feelings about their bereavement as they move through their stages of development. Children and young people do not have the emotional capacity to focus on their grief for long periods of time and therefore it is not uncommon for grieving children and young people to become distracted by play. This is a protective mechanism which allows the child or young person to be temporarily diverted from the bereavement.

Bereaved children and young people need time to grieve and in order for them to address the bereavement they need to be given the facts regarding the death in language appropriate to their age or level of comprehension. Avoid using metaphors for death such as, "Daddy has gone to sleep", this will make the child or young person believe that Daddy will come back to them and may constantly ask when he is going to wake up. Similarly the child or young person might encounter problems with bedtime and not wanting to sleep for fear of not waking up.

#### **Talking to children**

It is understandable that many caregivers are reluctant to talk to the child or young person about the death as they do not want to cause distress or fear. Children and young people who are bereaved need to know that their loved one has died, how they died and where they are now. Failure to be honest with the grieving child or young person means that their grief is not being acknowledged and this can cause problems later on.

If the bereaved child or young person wants to ask questions about death and what dying means, answer them truthfully and if you do not know the answer to a specific question don't be tempted to make the answer up. Assure the child or young person that although you do not know the answer to their question you will find out for them.

#### **Key points to remember**

- Babies can experience feelings of loss
- Be honest with the bereaved child or young person
- Avoid using metaphors for death
- Every child and young person's grief is unique
- Encourage the child or young person to talk about the death and how they feel
- Children and young people may 'revisit' the death and review their feelings about the bereavement as they develop
- Use language that is appropriate to the child or young person's age and level of comprehension.
- <http://www.cruse.org.uk/Children/loss-from-childs-perspective>

#### **Children's understanding of death**

The following information is based on developmental chronology, and is taken from CRUSE bereavement care website. It is helpful to consider these developmental levels when thinking about how children with special needs may experience grief.

The nature of a child's understanding of death and bereavement will be different at different stages of development. Although a child's grief is individual, their understanding of the loss of a loved one progresses as they mature. In this section you will find the most common understandings of death by children at certain stages of their development.

Do bear in mind that a child's understanding of death during their development will differ in circumstances where the child may be experiencing educational difficulties.

### **Birth to six months**

Babies do not cognitively understand the notion of death; however that does not mean to say that they do not respond to the loss of someone close, or that they don't experience grief. A baby up to six months old experiences feelings of separation and abandonment as part of their bereavement. The bereaved baby is aware that the person is missing, or not there and this can cause the baby to become anxious and fretful. This can be heightened if it is the baby's primary caregiver who has died and the baby is able to identify that the one who is now feeding them, changing them and cuddling them is not the deceased person. Similarly if it is the baby's mother who is grieving a loss, the baby can pick up on these feelings and experience grief too.

### **Six months to two years**

At this developmental stage the baby is able to picture their mother or primary caregiver internally if she/he is not present. If it is the primary caregiver who has died the baby will protest at their absence by loud crying and angry tears. It is common for babies to become withdrawn and lose interest in their toys and feeding and they will likely lose interest interacting with others. At the more mature end of this developmental stage bereaved toddlers can be observed actively seeking the deceased person. For instance if granddad spent much of his time prior to death in his shed the toddler might persistently return to investigate the shed in the hope that they will find him there.

### **Two years to five years**

During their development between the age of two to five, children do not understand that death is irreversible. For instance a four year old child may be concerned that although nanny was dead she should have come home by now. This example illustrates how children at this stage do not understand the finality of death and nor do they understand what the term "dead" actually means. It is common for a young child to be told that their aunt has died and still expect to see them alive and well in the immediate future. Children do not understand that life functions have been terminated and will ask questions such as:

"Won't Uncle Bob be lonely in the ground by himself?"

"Do you think we should put some sandwiches in Grandpa's coffin in case he gets hungry?"

"What if Nan can't breathe under all that earth?"

"Will Daddy be hurt if they burn him?"

As the cognitive understanding of children in this age range is limited they can sometimes demonstrate less of a reaction to the news of the death than might be observed by an older child and might promptly go out to play on hearing the news of the death.

Children aged between two and five years old have difficulty with the abstract concepts surrounding death. For instance they might be confused as to how one person can be in a grave and also be in heaven at the same time. They will become further confused if they are told that the deceased person is simply sleeping and this in turn could make them fearful of falling asleep or seeing anyone else asleep. They might insist on waiting for the person who has died to wake up or similarly if they have been told that the person who has died has gone on a long journey they may await their return.

At this age bereaved children can become involved in omnipotence or magical thinking. This refers to the concept that bereaved children believe that their actions, inaction, words, behaviours or thoughts are directly responsible for their loved one's death. This form of thinking is not exclusive to this particular age group and can be experienced by many bereaved children and young people of older ages. It is essential that you explain to the bereaved child that the death was not in any way their fault or responsibility. The need to reassure the grieving child that nothing they said / didn't say, did or didn't do caused the death is paramount.

### **Five years to ten years**

Children at this developmental stage have acquired a wider understanding of death and what it entails. They begin to realise that death is the end of a person's life, that the person who has died won't return and that life functions have been terminated.

By the age of seven the average child accepts that death is an inevitability and that all people including themselves will eventually die.

This understanding can also increase a child's anxieties regarding the imminent deaths of other people who they are close to. Children of this age are broadening their social networks by attending school and are therefore open to receive both information and misinformation from their peers and social circles.

With this in mind it is important that the cause of death, the funeral and burial process and what happens to the deceased person's body are explained in a factual and age appropriate manner to the bereaved child. Children will ask many questions and may want to know intricate details pertaining to the death and decomposition of the body. Again, it is vital that children have such details explained to them clearly so that they understand.

At this developmental stage children can empathise with and show compassion for peers that have been bereaved. Children aged between five and ten often copy the coping mechanisms that they observe in bereaved adults and they may try to disguise their emotions in an attempt to protect the bereaved adult. The bereaved child can sometimes feel that they need permission to show their emotions and talk about their feelings.

The important thing is to let them do this. Avoid remarks such as, "Come on be a big brave girl for mummy" or "Big boys don't cry", such comments however well-meant can make children feel they need to hide their feelings or that what they are feeling is wrong. This can cause complications as the bereaved child develops.

<http://www.cruse.org.uk/Children/children-understanding-death#birth>

**Appendix E**  
**Template letter of condolence to the family**

Dear

We are so very sorry to hear the sad news of <Name's> death. There are no words to express our sadness and we can only begin to imagine the anguish you must be going through.



As a school community, we will miss <Name> very much and we are doing our best to offer comfort and support to <his/her> friends, classmates and teachers. <Name> was a <valued/cherished/highly-regarded/well-liked/popular/friendly> member of our school family.

If we can do anything to help as you plan <Name's> funeral, please let us know. We will continue to keep in touch and will support you in any way we can.

With sympathy