

# St Augustine's Academy



## Bereavement Policy and Procedures

(These guidelines have come from advice provided by Simon Says)



**Approved by:** Cllr Carole Hegley **Date:** 16.05.23

**Last reviewed on:** 21.05.20

**Next review due by:** May 2026

‘Let your light shine before others, that they may see your good deeds and glorify your Father in Heaven.’

*Matthew 5:16*

## Introduction

Blessed are those who mourn, for they will be comforted. *Matthew 5:4*

*'Every 22 minutes a parent of a child dies that's around 23,600 bereaved children each year. Almost one in every class. Many more are bereaved of a grandparent, sibling, friend, teacher or other significant person in their life'. (Child Bereavement UK, 2017 statistics)*

It is almost inevitable therefore, that at some time any school will have to deal with a death that impacts the whole school community. Bereavement and loss are an inevitable part of living and growing. Therefore, it is important that we provide learning opportunities for children to develop their own appropriate range of emotional, spiritual and intellectual responses to manage these experiences. This bereavement policy is to help everyone within the school community realise bereavement is a normal, natural part of life which needs to be discussed openly. The ethos of our school is based upon openness and mutual support and aims to provide a framework in which these experiences can be realised in a supportive manner. We understand that bereavement impacts everyone in different ways and for different periods of time and it is understood that we have a duty to help support anyone when they could be feeling their most vulnerable, in the way that best meets their needs.

## Aims

- To identify key staff within the school and LA, resources and further support services to help the whole school community work together.
- To provide a framework for all staff, teaching and non-teaching, to give guidance in how to deal sensitively and compassionately with difficult and upsetting circumstances.
- To have clear expectations about the way school will respond to the death, and provide a nurturing, safe and supportive environment for all.
- To support pupils and/or staff before (where applicable), during, and after bereavement.
- To meet the needs of all its children and staff and to be a place that both child and family can rely on, and gain much needed support.
- For children to have the opportunity to tell their story, express their feelings, share their memories and develop coping strategies through support by sensitive staff.

## Guidelines for staff and governors

A death can affect the school community in different ways and often depends on:

- The role the deceased person had within school
- How well known they were in the local community
- Circumstances surrounding the death, particularly suicide or violent deaths

Adults and children benefit from being kept informed. Rumour and gossip can be very damaging and can even lead to both young and old developing the attitude that the death is not a topic to talk about. Children and young people have a healthy curiosity, and if they are not informed of the circumstances or feel they are unable to ask questions, their normal grief process can be obstructed.

- Discussion should take place with the bereaved family and their wishes taken into account before any decisions are made in relation to how and what to tell the staff and wider school community.
- It is important to consider any cultural or religious implications and seek advice if necessary.
- ALL staff (including support staff such as lunch time supervisors, PE coaches...) should be informed as soon as possible using our normal method of communication, ensuring that this includes part time staff and those staff members who may be absent from work
- Give a factual explanation of how the death occurred and if applicable the circumstances of what happened leading up to the death, being mindful of family's wishes of what is shared. (This may be a variation of the true facts.)
- Ensure Senior Leadership team are prepared for reactions to this news including visible upset and feelings of anger/guilt. People may connect the incident to their own personal experience of bereavement, so feelings about past bereavements may need to be discussed
- Ensure a member of Senior Leadership is available to members of staff, parents or children if they are finding the situation particularly hard. Signpost to external support services as appropriate (see Appendix 4).
- Be prepared to arrange supply cover if necessary.
- Establish one person as a point of contact for the family to ensure free flow of accurate information to and from the school.
- Bereavement support or counselling should be available to all as necessary (requesting external bereavement support if needed)
- Arrange staff/pupil condolences with collaborative agreement if felt appropriate.
- Agree a set time for teachers to inform their class what has happened, if this is felt to be necessary, how this is to be done and EXACTLY what is going to be said. Identify any absent pupils.
- Arrange for the Senior Leadership Team to be on hand at the end of the working day for staff to de-brief and reflect upon the day's events and to agree upon any further action or support that may need to be put in place.

Staff who will be alone that night could be identified and arrangements made for colleagues to contact them by phone if necessary.

- SLT should seek advice from trained and experienced practitioners as necessary
- Where possible staff who have requested to attend the funeral or memorial should be released from school, providing the family agree.

## **Informing Pupils**

People often think that children do not grieve, but even very young children will want to know what happened, how it happened, why it happened and perhaps most importantly of all, what happens next?

- Identify children who are most likely to be impacted by the news because they had a close relationship with the deceased or are already bereaved to be told together as a separate group. Where possible inform pupils in the smallest group, preferably class groups, by adults they know.
- It is always a shock when a death occurs in a school even if it may have been anticipated. Experience has shown that it is more beneficial if all pupils are informed.
- Provide staff with guidelines on how to inform children; be honest, it is ok to say if you don't have the answers but remember to revisit the question at a later date when you do have the answer (See Appendix 1).
- Have an awareness of the children's understanding of death (e.g. age of child, developmental stage)
- Be prepared for children to say or do the unexpected, experience has shown some responses or apparent lack of response may be upsetting for adults. No apparent response does not mean that a child does not care.
- Try to identify any key answers that you may need to prepare, e.g. the facts about an illness
- End up discussion on a positive note - not all people who are ill or have accidents die - many get better. Consider a prayer to remember the deceased and their family.
- Do pupils want to do an activity to express their thoughts and feelings?

*Grief will last a life time and can surface throughout with new questions and many reflections*

## **In the days after the death**

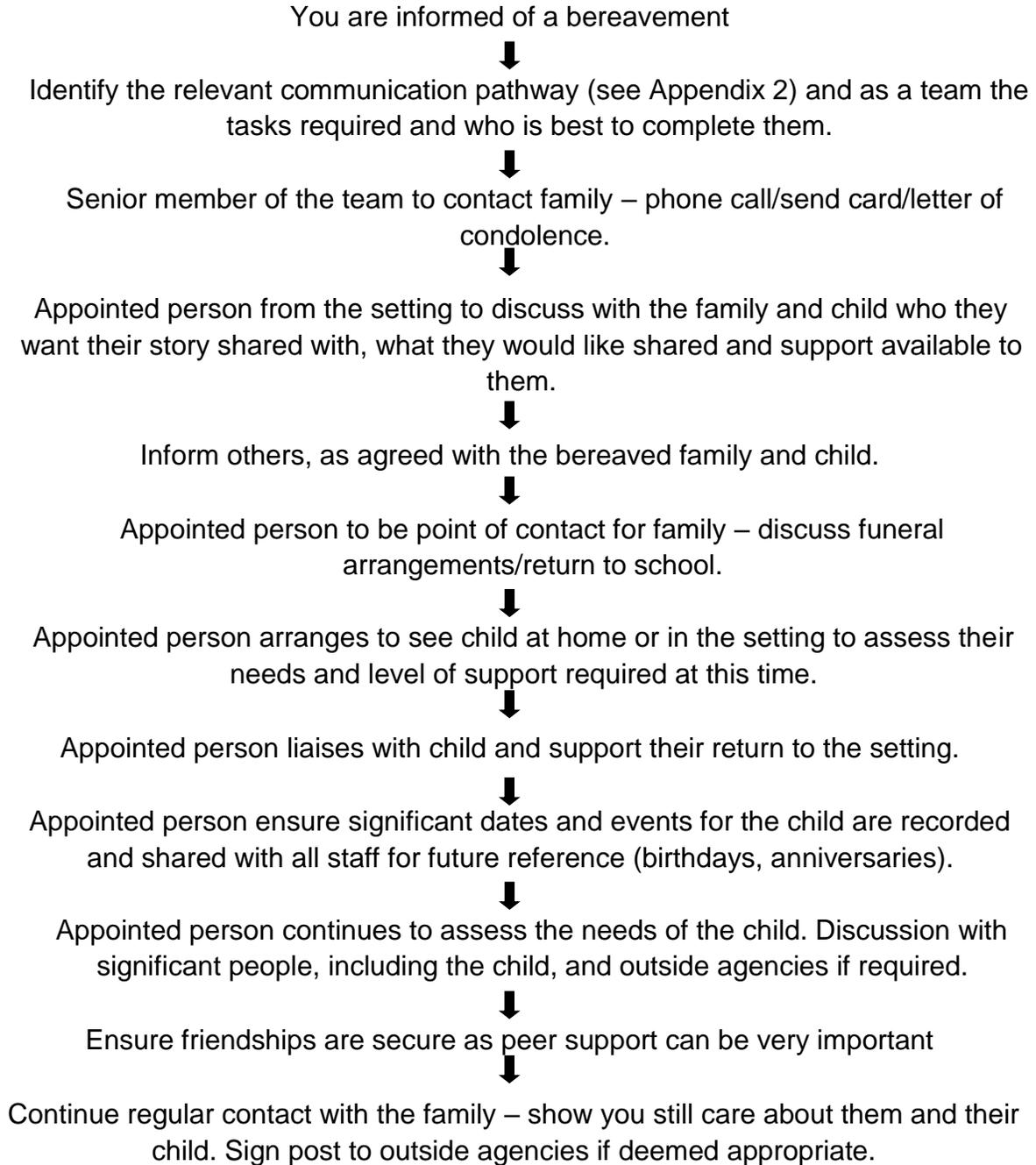
- It is important to consider any cultural or religious implications and seek advice if necessary.
- Ensure nominated staff with responsibilities for supporting staff and children, are available to do so.
- It may be necessary temporarily to provide staff cover for their normal activities.

- Identify an allocated quiet place where children, young people and staff can go if necessary.
- It is preferable for there to be minimum disruption to the timetable but some flexibility may be required.
- Try to engender an awareness of when people need help and support, particularly those who worked closely with the person who has died and secretaries /administrative staff who are taking telephone calls, dealing with parents etc.
- Through the nominated staff member who has responsibilities for liaising with the individual's family, ascertain their wishes about the school's involvement in the funeral, if any.

In line with the families' wishes consider practical issues such as:

- Sending flowers to the home or to the funeral, making a collection etc...
- Who will attend the funeral?
- Cover for any staff who may be going to the funeral.
- Informing the parents of those pupils who will be involved.
- Possible closure of the school. If this is the case remember to tell lunchtime supervisors, caretaker etc. in advance.

## Bereavement Flowchart



## Supporting a bereaved pupil return to school

When the child returns to the setting they may want to get straight back into friends, work and routine. They will have been surrounded by grieving family members and often a chaotic household of visitors. School may be their break from that.

Have some action plans in place to help the child and young people return by:

- Identifying a member of the team who will be the main contact point for them and their family.
- Ensure **regular** contact, based upon needs and wishes of the family. This helps understand how they are coping, what support they may need now and, in the future, to discuss concerns and worries and plan strategies
- If they stay at home, remember them. Have cards and messages sent to them from appropriate people (peer group and staff they have good relationships with) Activities such as these will give the other children the opportunity to discuss their own concerns or experiences and help them to feel they are doing something positive to support them. This death may remind others of their own experiences and so be prepared to support them.
- Before they return ensure all staff are aware of the bereavement and the possible effects on them, their behaviour and their learning, so that appropriate care and support can be given throughout the setting. Remember bereaved children and young people have 'physical' illness, such as headaches and tummy aches as well as mental sadness including lack of concentration, feeling tired, disorganised anger and frustration. These will have an impact on work load and learning. Monitor how things are going on their return and maintain communication with all staff.
- Maintain normal rules and expectations of behaviour. This is important for the children within the setting and the child who has been bereaved. The rules and expectations are all part of the 'normal' routine and will help to make them feel secure.
- Consider 'time out' strategies that suit the child or young person and the setting. Time out cards, signals or signs can help them to exit the room quickly if they are feeling vulnerable or emotional. Make sure they have a safe place to exit to.
- Remember, there is no set pattern or time limit to grief – It is a unique experience and the process is a lifelong one. At different ages and during new or transitional times they will have new questions requiring answers and questions requiring a re-visit of what happened; to develop a better understanding and acceptance.
- It is not unusual for bereaved pupils to take time off school during the early stages of their bereavement. For some, the need to be with their families will be strong, and indeed they may suffer from separation anxiety when the time comes for a return to school. For others the familiarity, stability and routines of school life may prompt an early return. The time away from school will vary from pupil to pupil but when they do return, they may have a number of concerns – you will only know what these are and how they

might be resolved if you ask. Some of the more common concerns might be:

**How will staff and peers react**– who has been told, what do they know, what will be said, how much will I have to say to people?

You can help by meeting with them to welcome them back, acknowledge the death and talk through their concerns. Saying something simple like *“I am sorry to hear that your dad died – sometimes it helps to talk about it and if so, who would you like to be there for you?”*. If possible offer them choices about how things should be handled and what support would be helpful. Let staff and classmates know how they want to be received and supported.

**Fear of sudden emotional outbursts** – anger, distress, panic...

You can help by normalising grief reactions and giving them choices about what strategies will help them to cope in the classroom e.g. able to leave lessons without fuss – “exit card” system, where they can go

**Fear when they realise they may not remember what the deceased person looks like**

A laminated photo of the deceased person may give comfort when the visual image begins to disappear. A special teddy or other memento will often give great comfort. They may also want to show this when talking about the person who died. It should be stressed that whatever helps the child (within reason) should be encouraged.

**Fear of being behind with work and unable to catch up**

You can help by clarifying with other staff what is essential to accomplish and what can be left, and offering appropriate help to achieve what needs to be done.

**Inability to concentrate and feel motivated or sit still**

You can help by reassuring them that this lack of motivation and concentration is normal and will pass. Offer shorter more manageable tasks, write down the task, give encouragement for achievements.

**Family grief impacting on normal family functioning**

Disrupted routines, sporadic meals, chaotic bedtimes are possible reasons why they may be inadequately prepared for school, does not have the necessary equipment, and may be tired or hungry. Help by talking with them to ascertain where areas of difficulty lie and try and work out strategies with them and their family to help keep things on an even keel in school. Identify their strengths and help them build on them.

**Unable to meet homework/project deadlines because of altered responsibilities within the family and home**

You can help by helping them work out and meet priorities. Be flexible where possible and offer additional support where needed.

## Guidelines for providing on-going support for a bereaved child

- If the child/young person thinks it would be helpful and friends agree, establish a peer support network or seek help outside
- Make a note of significant dates which might affect the pupil, e.g. date of death, birthdays. Make sure other members of staff are aware of these and the possible impact these may have. Don't be afraid to acknowledge these potentially difficult times with them
- Consider possible reactions to class/assembly topics. Discuss how these difficulties might best be managed with them e.g. if making Mother's Day cards ask them if they wish to be included in the activity too. Very often the answer is 'yes' as they still have a parent, they just can no longer see them, but still want to remember them.
- Look out for signs of isolation, bullying or difficulties in the playground. Bereaved children/young people are often seen as vulnerable and may become a target.
- Consider using books/activities to help explore feelings and ideas about death as part of the normal school curriculum
- Be alert to changes in behaviour – these may be an indication that they are more affected by their bereavement than they are able or willing to say. Reactions may present themselves months or years after the event, and it may be difficult for staff and others to relate behaviour(s) to the bereavement.
- At transition time make sure the new class teacher and/or school are aware of the bereavement and support in situ.

## Guidelines for supporting a child with Special educational needs

All children benefit from being given simple, honest "bite size" pieces of information about difficult issues - often repeated many times over. For further support visit [www.autism.org.uk/about/family-life/bereavement.aspx](http://www.autism.org.uk/about/family-life/bereavement.aspx) When talking about death and bereavement with a child with learning difficulties it might be helpful to consider: -

- **WHO** should be key worker working with the child and family - inform parents who this person will be and keep in contact, this should be someone they ALREADY have a good relationship with.
- **WHERE** is the student most receptive to new ideas? – quiet room, outside. Use this space for talking with them.
- **WHAT** should be talked about? (as agreed with parents). Ensure that you use the same language and ideas as the family to avoid confusion.
- **HOW** is new information normally given? - signs, verbally, pictures. Use their normal communication methods to talk about illness and death.
- **HOW** is new information normally backed up? – you will probably need to repeat information a number of times over a long period. Do you need to make a social story? ([www.speaking-space.co.uk](http://www.speaking-space.co.uk) will assist with this)

- **PROCEED** at a level, speed and language appropriate to them.
- **BUILD** on information given – small bites of the whole, given gradually will be easier to absorb.
- **REPEAT** information as often as needed.
- **WATCH** for reactions to show the child understands – modify and repeat as needed.
- **FOLLOW** the student's lead – if indicating a need to talk or have feelings acknowledged, encourage as appropriate.
- **WATCH** for changes in behaviour to indicate the child is struggling more than they can say and offer support as needed.
- **MAINTAIN** normal daily routine as much as possible.
- **LIAISE** with other agencies involved with the student to ensure accuracy and continuity of information.

# Appendix 1

## Guidelines on how to inform children

Remember it is ok to show your emotions in moderation. It is important we model to children and young people healthy responses to sad news and a natural response to hearing about a death is to shed a tear.

- Be honest and factual. Ensure that details passed on are those that the family wish to be shared.
- Use clear language – use the person's name, do not use euphemisms like 'passed away' use the words dead, died and death to avoid confusion.
- Allow the children to ask questions and answer them honestly and factually in terms they will understand.
- Allow the children to ask questions and answer them honestly and factually in terms that they will understand.
- Allow the children to verbalise their feelings.
- Allow the children to discuss the situation and share their experiences of death (even if that is the death of a pet).
- Ensure the children understand that the death is nothing to do with anything they have said or done. It is in no way their fault.
- Reassure them that not all people who are ill or have had an accident will die and that many people get better.
- Acknowledge some days will be harder than others
- Do not expect to go straight into maths, allow for a time of restoration preferably with a physical outlet.
- Put an appropriate time limit on the discussion. It is preferable to resume normal school activities as soon as possible thus ensuring minimal disruption within the school day which also offers a sense of security and familiarity.

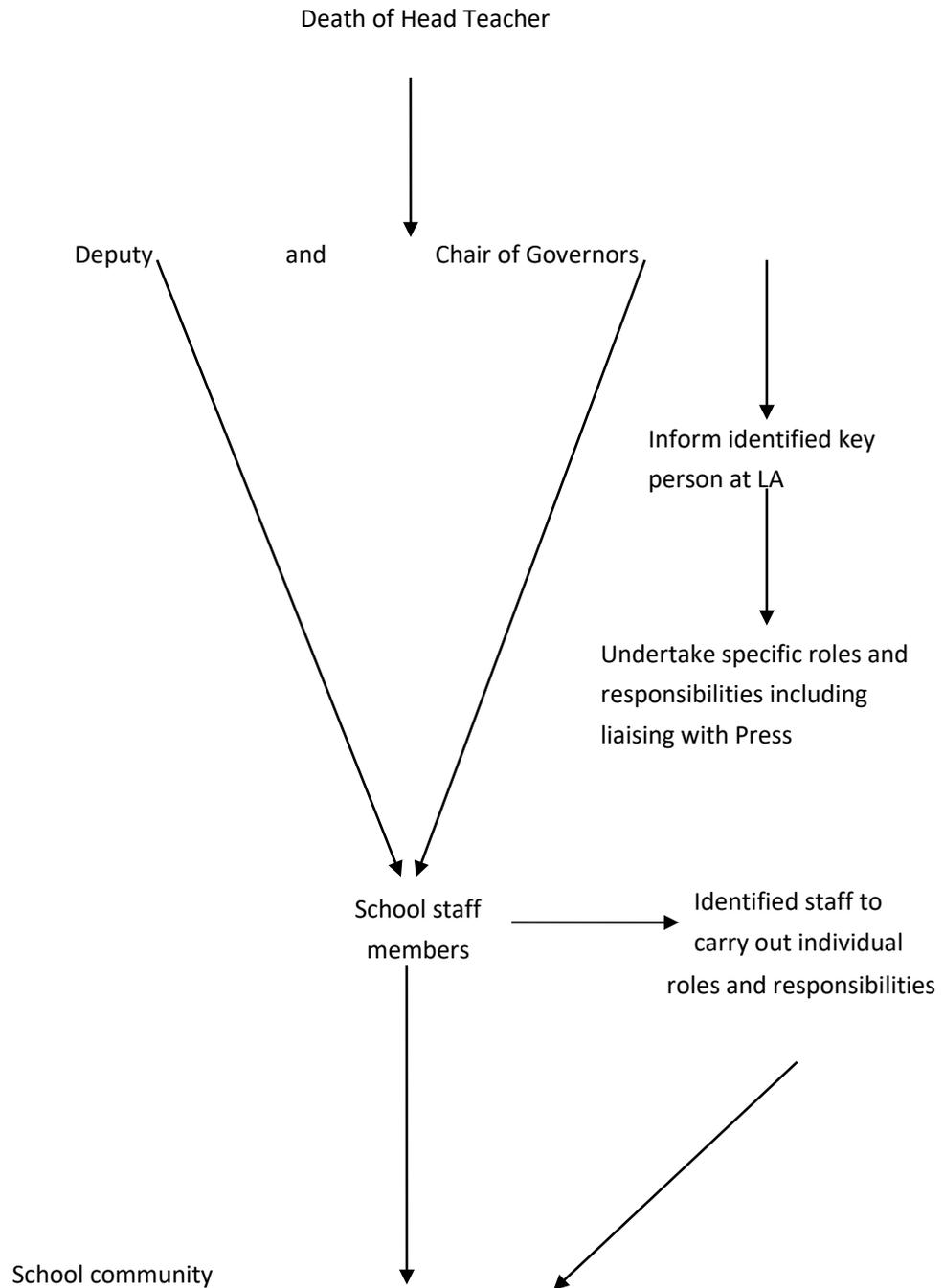
Suggested scripts to use when someone dies. (Ensure that these have been agreed by the family)

"I've got some really sad news to tell you today that might upset you. I know most of you will have heard of cancer, and know that sometimes people with cancer get better, but other times people die from it. \_\_\_\_\_, has been ill with cancer for a long time. I have to tell you that \_\_\_\_\_ died yesterday in hospital".

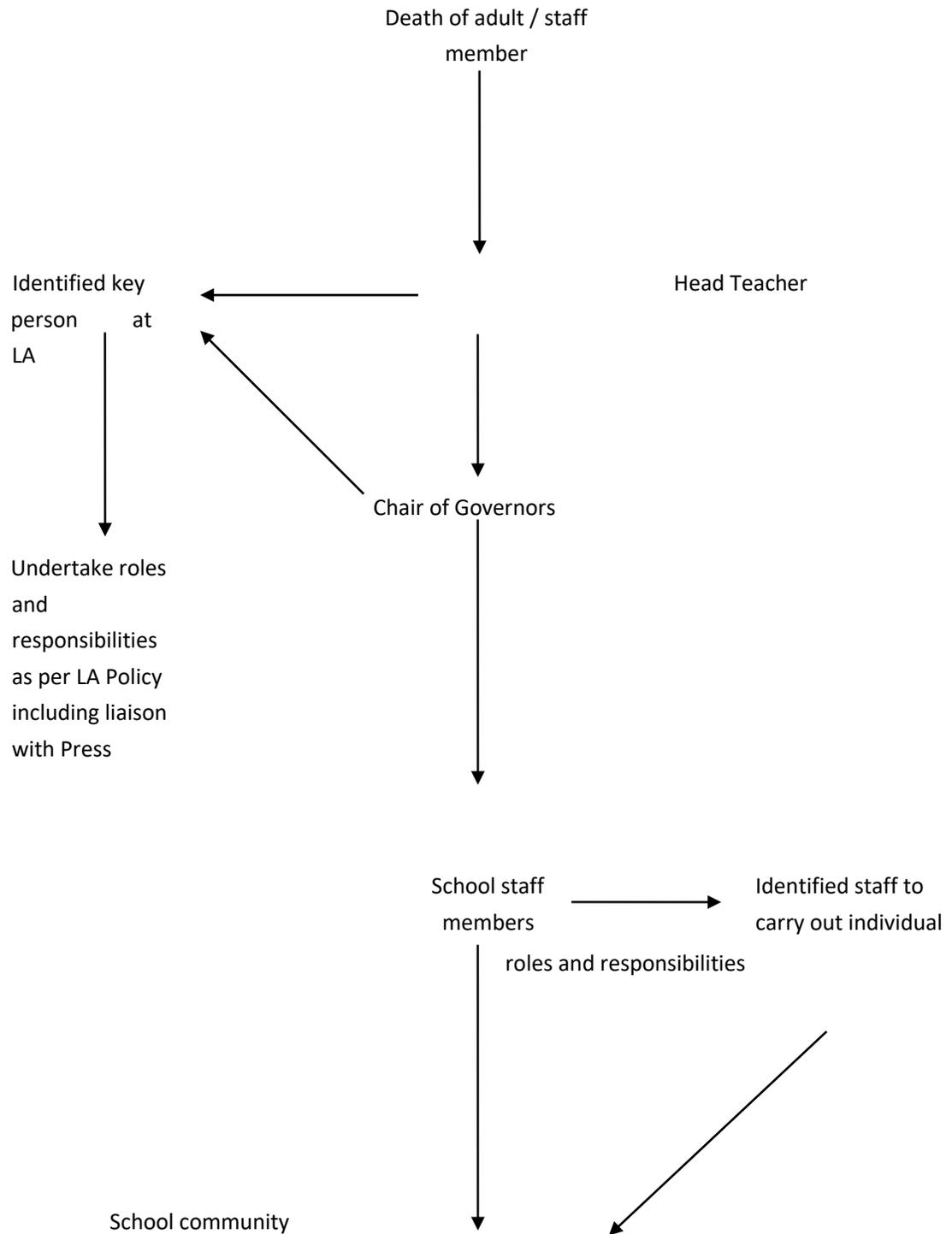
"Sometimes people have accidents at work, at home, at school or on the road. People may be hurt or injured in the accident and they may have to go to hospital for treatment. Sadly, there are some accidents that cause people to die. I have some really sad news to tell you that might upset you. Yesterday \_\_\_\_\_, who is in Year 4, was in an accident and he was so badly injured that he died".

## Appendix 2

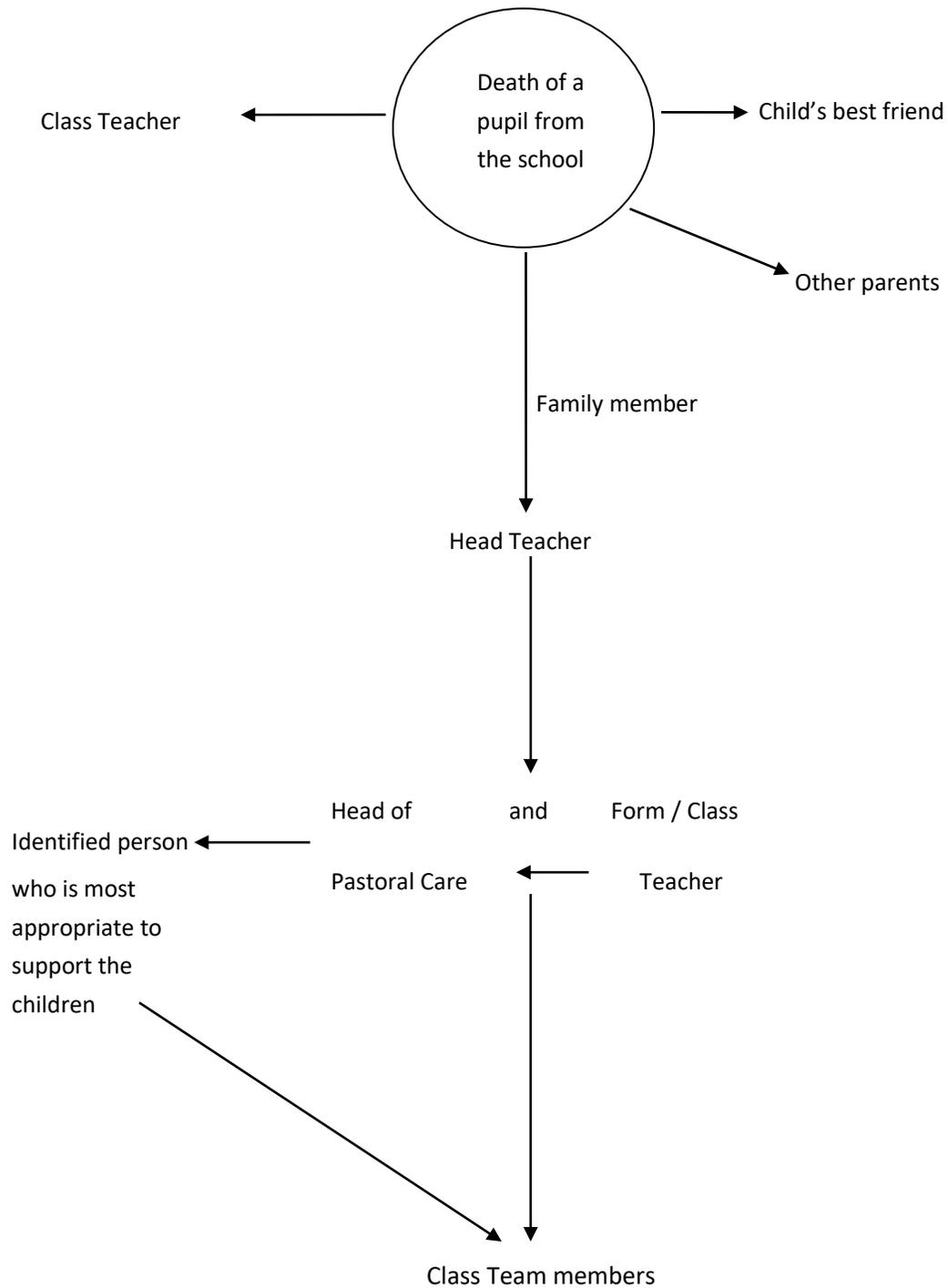
### Information sharing pathway following the death of a Headteacher



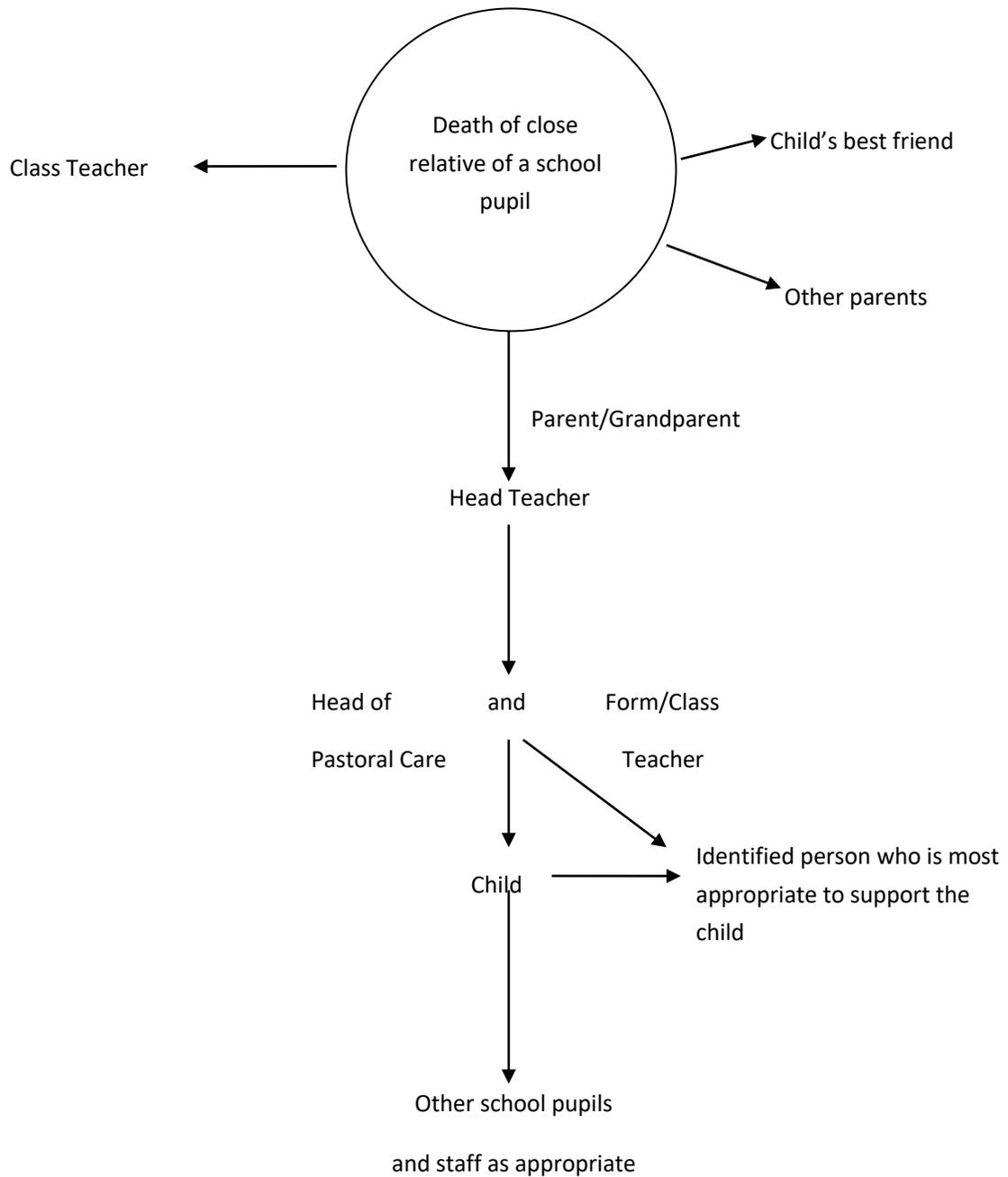
# Information Sharing Pathway death of a staff member



# Information Sharing Pathway following death of pupil



# Information Sharing Pathway following death of close family member of school pupil



## Appendix 3

### Templates for letters

Dear Parents

Your child's class teacher had the sad task of informing the children of the tragic death of <Name>, who has been a <teacher, LSA, Lunch time supervisor...> at this school for <number> years.

Our thoughts are with <Name's> family at this time and in an effort to try and respond to his/her death in a positive, all children have been informed.

The children were told that <Name> died from an <asthma attack> on <Date>. A number of pupils have been identified as being asthmatic and <Name>, they have been reassured today that it is unusual for a person to die from asthma.

When someone dies, their family and friends have lots of feelings - sadness, anger, and confusion - which are all normal. The children have been told that their teachers are willing to try and answer their questions at school, but I have made available some information which may help you to answer your child's questions as they arise. You can obtain this by contacting Child Bereavement UK on 0800 02 888 40 or at <https://www.childbereavementuk.org/> or Cruse Bereavement Care on 0808 808 1677 or at <https://www.cruse.org.uk/>

Please do not hesitate to contact the school if you require any further support.

Yours sincerely

<Name>  
Head Teacher

Dear Parents

Your child's tutor had the sad task of informing the children of the death of <Name>, a pupil in <Year>.

They were told that <name> died from an illness called <cancer>. Sometimes people who have cancer can get better, but other times people die from it. <Name> had been ill with <cancer> for a long time and died at home yesterday.

When someone dies, their family and friends have lots of feelings of sadness, anger, and confusion - these are all normal. The children have been told that their teachers are willing to try and answer their questions at school, but I have made available some information which may help you to answer your child's questions as they arise. You can obtain this by contacting Child Bereavement UK on 0800 02 888 40 or at <https://www.childbereavementuk.org/> or Cruse Bereavement Care on 0808 808 1677 or at <https://www.cruse.org.uk/>

Please do not hesitate to contact the school if you require any further support.

Yours sincerely

<Name>  
Head Teacher

## Appendix 4

### External Support Agencies

<https://www.autism.org.uk/about/family-life/bereavement.aspx> Advice when supporting someone with autism cope with a death

<https://www.childbereavementuk.org/> Supports families and professionals when a child is bereaved or facing bereavement

<http://childhoodbereavementnetwork.org.uk/> Support for children and young people following a bereavement

<https://www.childline.org.uk/> Free national telephone helpline for children and young people

<http://chums.uk.com/> Local support for children, young people and families following bereavement

<https://www.cruse.org.uk/> Support for children, young people and adults following a bereavement

<https://www.griefcounter.org.uk/> Help for bereaved children & young people

<https://www.hopeagain.org.uk/> Specifically for young people aged 12-18

<https://papyrus-uk.org/> Provides resources & support for those dealing with suicide, depression or distress – particularly teenagers & young adults

<https://sands.org.uk/> Providing support for parents & families whose baby is stillborn or dies soon after birth

<https://uksobs.org/> Support for those who are bereaved by suicide

<https://www.widowedandyoung.org.uk/> Peer-peer network for those widowed before their 51<sup>st</sup> birthday

<https://www.winstonswish.org/> Help for grieving children and their families