

## **PUPILS RETURNING TO SCHOOL AFTER BEREAVEMENT**

### **INFORMATION FOR TEACHERS**

Returning to school after bereavement can be difficult for a bereaved pupil. It can also be difficult for peers and staff to know how best to support the pupil. The circumstances of the bereavement and the age and developmental stage of the pupil will determine the approach used by teachers.

#### **The following advice may be helpful in planning a positive return to school**

1. Speak to the bereaved pupil. Check how he/she feels about coming back to school and what he/she may want to happen. Discuss the support that will be available. Speak to the parents to find out what they may want.
2. Discuss with class peers how they feel and how they can support the pupil. Discuss normal grief reactions. Encourage them to share their feelings and experiences of bereavement and how they coped. They may have sent cards or messages.
3. Ask a group of friends to be supportive during the first days following the return to school.
4. Consider a phased return. Plan for the day of the return of the pupil with a key member of staff taking the lead. When the pupil comes back to school it is important to acknowledge the loss. You may wish to say something like "I am/we are sorry that \_\_\_\_\_ died. I/We know you are sad and I/we want to support you at this time".
5. Consider giving the pupil age appropriate information on normal bereavement responses and grief reactions.
6. Allow for possible changes in emotions, behaviours, concentration, and work levels. All teachers need to be made aware.
7. Allow for "time out" when the pupil wants to be in a quiet place or to talk with a school counsellor, pastoral care teacher or another member of staff.
8. Carry on normal routines with normal approaches to discipline, with sensitivity.

Once a pupil returns to school following bereavement complete a record of this and place on pupil's file - see Appendix 18.