



## Information for pupils

**At Gryffe High School we are aware of the impact that bereavement, loss and change can have on a pupil. We also know that pupils spend a lot of time at school and we have a commitment to making sure that they are supported both emotionally and academically during challenging times of their lives.**

**We aim to work together with families to provide the best support we can. By working in partnership with St. Vincent's Hospice's Children and Young Persons Service, staff will be offered training along with support and information for pupils, parents, families and staff.**

**This leaflet provides information on what you should know if you have experienced the loss of a loved one.**

- Know that you are not alone - you are loved and cared for, and there are people that want to help you through this difficult time.
- You are not to blame for the changes that you are experiencing right now.
- It's okay to feel sad and upset - acknowledging your feelings and realising your emotions is very natural and should be encouraged.
- Keep busy - it is okay for you to continue with activities like clubs, seeing friends etc. It is important to get back into a routine as best as you can.
- Be aware of your behaviour. Any changes may be in response to what you are going through.
- Know that it is okay to talk about it with a friend or an adult you trust.
- Practice self-care - you need to look after yourself and do what is best for you. It's okay to ask for help.