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اگر آپ اس پیغام کو اردو میں ترجمہ کرنا چاہتے ہیں تو براہ کرم ہماری ویب سائٹ ملاحظہ کریں اور "ترجمہ" ٹیب پر کلک کریں

<https://burnage.manchester.sch.uk/parents-and-students/dashboard>

إذا كنت تريد ترجمة هذه الرسالة إلى العربية يرجى زيارة موقعنا على الانترنت وانقر على علامة التبويب "ترجمة"

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8th January 2021

Dear Parents/Carers, with the recent tragic passing of one of our students, we would like to share the following information to help support your child at home:

Most children and young people affected by a death just need adults who care about them. You cannot take away their sadness, but:

- You can acknowledge it and support them through the experience by answering any questions as they arise.
- Teenagers may become withdrawn and difficult to engage with, therefore: respect their need for personal space whilst gently reminding them that you are there if they need you.
- Answer questions honestly using age-appropriate language.
- A simple biological explanation of death can be very helpful. Children often have a surprising capacity to deal with the truth if given information is in simple straightforward language appropriate for their age and understanding.
- Seeing adults expressing emotion can give a child of any age 'permission' to do the same, if they feel they want to.
- Hearing how you are feeling may help them to consider their own feelings.
- Maintain routines, such as going to school.
- Familiar situations and contact with friends bring security and a sense of normality.
- Continue to expect the usual rules of behaviour. Normality with love and compassion is what to aim for.

Some useful contact information for children:

- **Childline:**— a free, private, and confidential service where students can talk about almost anything- 0800 1111
- **Kooth.com:** Free on-line counselling services for young people.
- If you worried about your child you can speak to professionals @ **Young Minds**. Parents Helpline. Call free on 0808 802 5544 (9:30am - 4pm, Mon - Fri).



'Be the best you can be'



As always, we are here to support you through this difficult time.

Mr Rogers

Deputy Head



'Be the best you can be'

