

Policy for:

Bereavement and Trauma

Coordinator Jane Love

Any bereavement is personal and individual, and this policy outlines effects it may have on individuals and support that may be needed.

This policy is to give clear guidelines and advice when any student, parent, carer Governors or staff members are faced with bereavement or trauma.

It is to offer general support to everyone whilst sharing an awareness of everyone's ethnic beliefs.

Grief reactions

Grief is not an illness and it does not need 'to be fixed'. It is a process of adjustment which the grieving person has to negotiate.

Grief affects people in a number of ways including physically, emotionally, psychologically and spiritually.

Some of what we know to be normal reactions for any person who may be grieving include:

Physical

We may feel grief in our bodies through pains, aches and fatigue. These reactions can persist for a long time after the death. Other physical aspects of grief include:

- Tiredness
- Sleep disturbances
- Appetite disturbances
- Crying
- Weakness in muscles
- Feeling flat and lacking enthusiasm
- Breathlessness

Emotional

Emotions to be expected when grieving include:

- Sadness
- Anger
- Guilt and self-reproach
- Relief
- Anxiety
- Loneliness
- Helplessness
- Numbness

Psychological

Grief can affect us when we least expect it. Thoughts about the person who has died can suddenly come in to our minds or a smell or song might trigger memories. Grief is not easy to control. Psychological reactions that may occur when grieving include:

- Difficulty concentrating
- Disbelief
- Confusion
- Preoccupation with the person who has died
- Dreaming of the deceased person

Spiritual

Death can bring up important questions of meaning for people. Why did this happen? What is the meaning of my life now without this person? Why me? This type of questioning is not uncommon when grieving. Spiritual grief reactions include:

- Trying to make sense of what has happened
- Hostility towards God
- Searching for meaning
- Questioning

The grieving process

Acknowledging a person's loss

Death and suffering are difficult topics which make most of us feel uncomfortable. It is normal to be unsure of what to say or do. However, one of the most helpful things we can do for a bereaved person is to acknowledge their loss. Something simple and straightforward such as "I'm sorry to hear of your mother's death" helps the person to know that their loss is recognised.

NENEGATE

In the event of a death or severe trauma immediate distribution of the facts and situation needs to filter through in a sensitive and professional way.

Effective communication with everyone who needs to know will be led by the Head Teacher or Co coordinator in their absence. (Jane Love)

Depending on the event the following people may need to know:

- Media
- Press Release
- Staff
- Students
- Governors
- Families

The head teacher will make the decision and action accordingly.

Either through SLT meeting, assembly, staff briefing or in certain cases 1-1 meetings

SUPPORTING WITHIN SCHOOL

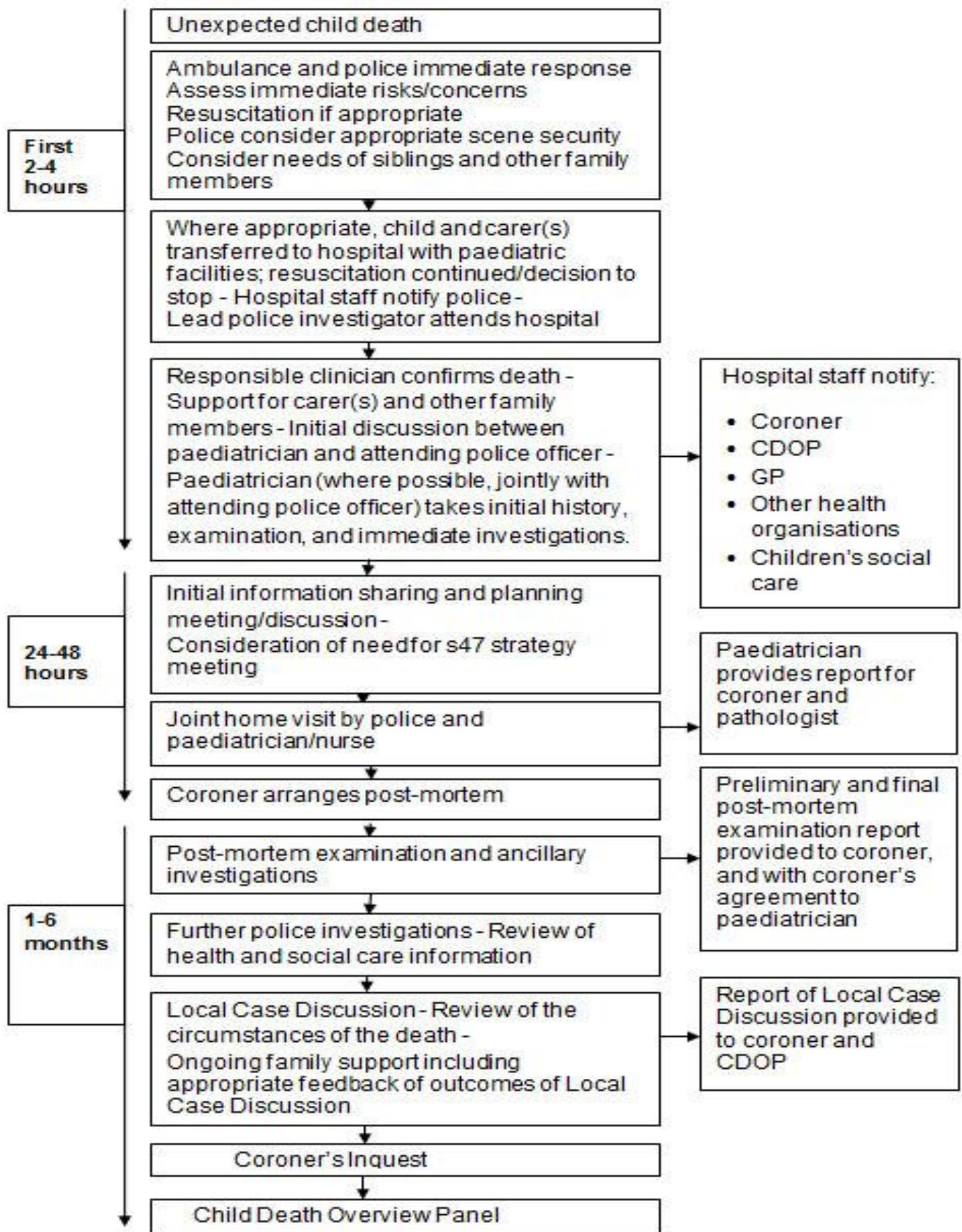
- Counselling and intervention sessions
- Daily contact with parent or carer
- Contact with outside agencies
- Considering the wishes of the family
- Monitor anniversaries
- Support continues for whenever and how long it is needed

When involving outside agencies explain how we are supporting as a school. Alternatively ask them for guidance and advise to help the parties who are grieving.

COUNSELLING

Bereavement counselling and welfare interventions for students in school, Communication with home/school and families supported by Jane Love.

NENEGATE



Support sites

Cruise bereavement care:

Phone helpline
0808 808 1677 Email at:
helpline@cruise.org.uk

www.winstonswish.org

Winstons Wish

08088 020 021

(For students and young