



Dear Parents/ Carers,

As you know, here at Penpol, we are committed to nurturing the emotional wellbeing of each of our pupils and offer a broad range of support. To build on this, Penpol has become an official '**Grief Aware**' school. This means that we have dedicated **bereavement champions** who have undergone training with Penhaligons Friends and continue to work closely with them.

The bereavement champions are here to support all those who have been affected by loss and death in a caring and supportive way and endeavour to work in partnership with the families affected. We offer bereavement groups, one-to-one sessions and are currently creating, with the help of the bereavement groups, a **memory garden** within school.

Children will often express their grief in very different ways to adults, which can be described as "the puddle effect". They may seem to be coping, sometimes for years, and then out of nowhere may become distraught and overwhelmed. As bereavement champions, we work with children even when they appear to be coping to help them through this difficult time.

To ensure that those children are receiving the right care, we are asking you to please make the school aware if your **child has experienced a loss** and, therefore, may benefit from anything mentioned in this letter. Please email head@penpol.cornwall.sch.uk with your child's name, who they have lost, any significant dates that could potentially be a trigger and any information you think might be of use.

We appreciate that this is a very sensitive subject and, now more than ever, hope that we can work together to support all children to feel safe to share.

We are here for you and your child.

Kind Regards

Jessica Riches
Bereavement Champion Lead