



Wellbeing and Bereavement Support

At Blakesley Hall Primary School we want you to know that we are doing everything that we can to ensure that your children will be safe and secure as we return to school. We are proud of our school motto – Safe, Secure and Successful and it is at the forefront of everything that we do. We are supporting our families in a variety of ways through this challenging time.

SAFE

Children and families will feel safe at school and in our community.

SECURE

We will be looking after our wellbeing and mental health and supporting each other through this difficult time.

SUCCESSFUL

Children will reintegrate in to school successfully, feel happy and confident to continue their learning and achieve well.

Wellbeing

Children will have lots of questions and we will give time for children to discuss in a safe space. We will offer our support in a variety of ways:

Circle time - Circle time provides a time for listening, developing attention span, promoting communication, and learning new skills. Teachers will have regular circle time sessions to give children time and space to talk. If teachers feel that any child needs any further support, they can refer to our learning mentor team for one to one mentoring sessions.

Mindfulness – This means maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment – with openness and curiosity. It is a technique that can help support children to feel relaxed and reduce stress.

Parents - As well as thinking about the children, it is important to take care of your own mental health and wellbeing. Parents can speak to our learning mentor team for further advice. Visit [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters) (<https://www.nhs.uk/oneyou/every-mind-matters>) for clear advice and actions to take care of your mental health and wellbeing.

Bereavement

During this global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances. We know that some families are having to deal with bereavement of loved ones. As well as support within school for children, there is lots of support and advice that we can signpost to families who need it.

Useful websites to support children who have suffered bereavement:

- Winston's Wish <https://www.winstonswish.org>
- Childhood Bereavement Trust UK <https://www.childbereavementuk.org>
- Candle Project <https://www.stchristophers.org.uk>
- Childline – www.childline.org.uk

Reading books together can be a useful way to think about death, loss and grief.

Some suggested books are below:

- 'Michael Rosen's Sad Book' by Michael Rosen (2001).
- 'The boy, the mole, the fox and the horse' by Charlie Mackesy (2019).
- 'The Invisible String' by Patrice Karst (2001)
- 'Muddles, Puddles and Sunshine' by Diana Crossley (2001)
- 'Always and Forever' by Alan Durant (2013).
- 'Badger's Parting Gifts' by Susan Varley (1985)