



On Sunday we tragically lost three of our students.

On Monday we closed the school as a mark of respect to them, and to allow everyone the chance to reflect on our collective sense of loss.

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What is bereavement?

Bereavement simply means losing someone through death. It could be one of your parents, grandparents, brothers or sisters, friends, boyfriend or girlfriend – anyone who is important to you.

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What might I feel?

The feelings that we have after someone close has died can be called grief. Everyone experiences grief differently – there is no ‘right’ way to feel. Feelings can include shock, numbness, despair, intense sadness, guilt, depression, relief, fear, anger. It’s not unusual to feel numb, which means feeling like you have no feelings at all.

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Grief is like climbing a mountain...

It is a long and difficult journey that you take in stages.



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I. Shock

Many of you will be in a state of shock. This protects you and allows you to process the feelings you have. You might:

- Laugh
- Feel numb
- Complete mundane tasks
- Intense sadness

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2. Denial

It might be difficult to accept that events like these have happened. People who are in denial sometimes:

- Imagine that they will see those people again
- Might focus on their appearance

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3. Anger

You might feel angry at other people; either those responsible for the death or at other people who have had nothing to do with it. It is natural to feel angry but not okay to cause other people pain. They might:

- Get into fall outs with others
- Blame people who did not cause or contribute to the death

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4. Bargaining

Some people ask for the person who has died to return. Perhaps they might pray to their god, or even ask relatives to bring them back.

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5. Guilt

Some people might feel as though they were responsible for the death. Some people might think that they could have prevented the death. There isn't likely to be anything that we could have done.

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6. Depression

People might feel depressed, or indeed become depressed. There are some signs to look out for:

- Loss of appetite
- Losing interest in hobbies
- Very sleepy or not wanting to get out of bed
- Not wanting to shower

These people cannot 'snap out of it', you need to tell someone and seek help.

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7. Acceptance

Eventually we will all have to accept that this has happened and cannot be changed. This is not easy. Life will be hard, but it will get easier. To help this we will:

- Give you all the support you need
- Routines and normality in school
- Smiles and encouragement
- Show you the value of learning

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When Great Trees Fall - Maya Angelou



WHEN GREAT TREES FALL

POEM BY MAYA ANGELOU

This poem is about the loss of someone who you are close to. It is about the feelings you have when someone dies, and how these feelings change over time. It is about how the memory of those we've lost can make us better people.

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If you need support at Outwood Academy City- Who do you talk to?

- Your Tutor
- Your Learning Manager
- SLT
- Safeguarding Officers
- Any member of staff at the academy.

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Who else can you talk to?

Childline 0800 11 11

Winston's Wish for children 0845 203 04 05
www.winstonswish.org.uk

Rip-Rap for 12-16 years olds
www.riprap.org.uk

The Child Bereavement Charity
www.childbereavement.org.uk

Kooth
www.kooth.com

**You can find these
numbers and website
addresses on page 11 and
12 of your planner.**

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Provider	What they offer	Cost	Contact details
Kooth	Online counselling support for 11-18 year olds in Sheffield.	Free	Register online: www.kooth.com
CRUSE	All age bereavement counselling.	Free	10 Carver St, Sheffield S1 4FS 0114 249 3328 sheffield@cruse.org.uk
Samaritans	DEAL (Developing Emotional Awareness and Listening) is a free resource for teachers and other educational professionals designed to help develop resilience in young people. Lesson plans, activities, hand-outs, audio-visual resources, teachers' notes and staff training materials can all be accessed and downloaded at any time from Samaritans website. Postvention support- practical support following bereavement by suicide.	Free	272 Queens Road, Sheffield S2 4DL - 0114 276 7277 www.samaritans.org/deal
Education Psychology Service	Sheffield EPS has a range of useful material some of which is used to support staff and young people following a suicide. Often a useful first step after first contact with the school is to share these resources with the Head Teacher. EPs might then typically visit the school and work with the senior leadership team to listen to their concerns and offer advice in relation to practical matters such as telling the school community and supporting the staff and young people.	Free	Each school will have the details for contacting the EPS in their own Critical Incident Procedures.
Golddigger Trust	Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19. Services include: 1:1 Mentoring – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions). Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.	Cost varies based on service and available charitable funding, contact for most up to date costings. Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.	0114 327 1191 Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN info@golddiggertrust.co.uk www.golddiggertrust.co.uk

