### Parkhill Secondary School



# Bereavement Policy- Pupil friendly 2025-26











#### What is Loss?

- **Loss**: When someone or something important to you is gone.
- Grief: The feelings you have when you lose someone or something.
- Bereavement: The time when you are feeling sad because of a loss.
- Mourning: The things you do to show you are sad, like talking about the person or crying.

Why We Talk About Loss

- Sometimes, people we love, like family members or pets, pass away. This can make us very sad.
- Other times, we might feel sad because of other changes, like parents getting divorced or moving away.

How We Help Each Other

- At Parkhill School, we want to help everyone feel better when they are sad.
- We talk about our feelings and share memories of the person or pet we miss.

Ways We Can Remember

- Memory Wall: We can draw pictures or write notes about the person or pet and put them on a special wall.
- **Planting a Tree**: We can plant a tree or flowers to remember them.
- **Memory Book**: We can make a book with stories and pictures about them.
- Special Assembly: We can have a special gathering to talk about them and remember the good times.

#### How Teachers and Friends Can Help

- Teachers and friends will listen to you and help you talk about your feelings.
- If you feel very sad, you can go to a quiet place to think or talk to someone who can help.

*Important Things to Remember* 

- It's okay to feel sad, and it's okay to talk about it.
- Everyone feels sad sometimes, and we are here to help each other.
- We can remember the happy times we had with the person or pet we miss.

I hope this helps! If you have any more questions or need further adjustments, feel free to ask.

#### Appendix?? Communication friendly resources



#### Coping with Death



When someone close to us dies, we experience grief.



Grief is like the shadow of love.



Grief is what is left when someone we love is no longer here.



We still love the person,



but we also experience other emotions when someone dies.



#### We may feel



























It is okay to feel these emotions.



This is called the grief process.







#### When a person dies



Sometimes when people get sick





their heart might stop.



When this happens the person is dead.







Their body no longer works. They are not breathing.



They don't feel anything.

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They can't hear.



They can't speak.



We might feel sad and miss the person who has died.



We might want to talk about how we feel.







We might want to collect some things like photographs and clothes that remind us of the person who has died. This can be a 'memory box'.



## Explaining Death



Everyone dies.



Sometimes if someone is really sick, the doctors will tell them how long other people who have the same illness lived.



Sometimes something happens and someone dies.



We might feel sad or angry or confused when someone dies.



When people move into a house, it becomes a home. If no one has moved in, it is just a building.



Our bodies are like that. When we are alive, we have thoughts and personality. When we die, our body stays but our thoughts and personality aren't there any more.





## Understanding Death





Everyone is born and everyone will die at some

stage.



Sometimes we have time to prepare ourselves.



Sometimes we don't.





When someone dies, we might feel sad or angry.



We might feel scared or frustrated.

We might feel relieved, if they have been sick.

It is important that no matter how we feel, we talk about it with someone.



We might start to think more about death and worry about our family or friends.







It can be hard, but if we spend all our time thinking about people dying, we don't get to enjoy them living.





When someone we love dies, we can't hug them or touch them.





We can remember them and imagine what they would say to us.







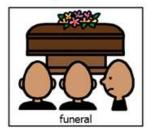
We can look at their pictures and think about happy memories we had with them.



We can talk about them to other people.



## What to expect at a funeral



When someone dies we have a funeral to celebrate the person's life.









The funeral might be in a church with a priest or a minister who will lead the funeral service.





Some people might tell stories about the person who has died and there might be singing.



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Inside the coffin will be the body of the person who has died.







Some people will look sad or cry because they miss the person who has died.











Afterwards some of the people might meet up to chat, have some food and drink.



## What is a funeral?







































The priest/Minister and other people talk about the person and















sing some special songs called hymns.





























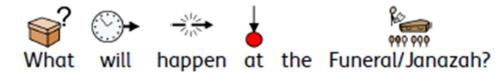


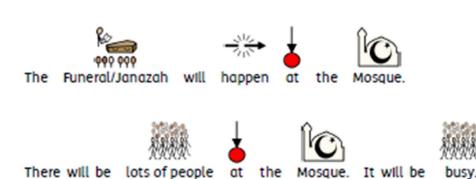




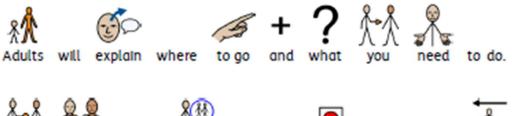


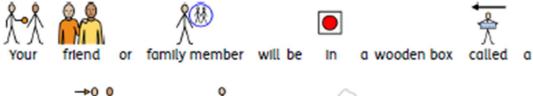
think about how much

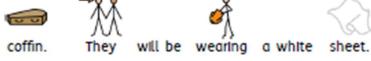
































When a person dies they stop being alive.



































body has stopped working.



The person who has died has gone forever.























