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Friday 26<sup>th</sup> July 2019

Dear Parents

As we finish for our Summer holidays we wish you well and hope you manage some rest and relaxation. We thank you for your continued support over this year.

The end of the year is always an emotional time for families in particular for those leaving us. Equally, with the sad news earlier this week there are many emotions we are dealing with. We thank all the services who have supported children, staff and parents this week in many different ways, in particular our Catholic Care team who have remained in school since Wednesday. We are aware that children and families may continue to need support over the holidays and Janet Kent, Catholic Care Service Manager - Schools, Children and Family Wellbeing Service and her team are available over the Summer period. If you feel you need advice or support please contact Janet via Catholic Care main office on 01133885400 or via mobile on 07739975008.

Below you will also find some relevant information so you can support your child.

Please note the school emergency number in the school holidays is 07860773400 (in the event of an emergency). Please note any normal school enquiries should be made via the school office and answerphone and they will be responded to on our return in September. Thank you.

Yours sincerely

Kieron Flood  
Executive Head teacher

Lesley Warters  
Head of School



Bereavement is a difficult time for everyone. In the first instance, the support comes from people who are closest to the young person.

Support for bereaved young people:

- At a difficult time there will be a range of feelings such as anxiety, confusion, sadness and anger. It's ok to express feelings and for those around to express their feelings. Different people may express these in different ways and show their grief in different ways.
- Sharing positive memories can be helpful.
- Keeping routines can be helpful in supporting some sense of 'normality'. Recognising that at times things will be difficult but having some structure helps move through the day.
- Making some time to talk, or listen, or accepting at times not talking may also be helpful.
- It is ok to still have fun and have times when you feel happy.

Your child needs responses that are appropriate to their level of understanding in terms of information and language. There are various websites that give further information on supporting young people following bereavement.

These two have lots of useful information

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.childline.org.uk](http://www.childline.org.uk) is also very useful and you may find it helpful to use their page 'When someone dies' to help you discuss matters with your child. Children can also call Childline direct on 0800 1111.