



RETURNING TO SCHOOL FOLLOWING A BEREAVEMENT



School can feel overwhelming after losing someone close. It is important to make sure these current supports are available any time. Talk to school about these 6 boxes, to design a way that school can feel safe as you navigate your grief.

1

Safe Space

If things feel too much for the pupil, can they take a break in a quiet, private room.

2

Trusted adult

Let the pupil choose a staff member they feel comfortable with. Make sure they are available for check-ins, listening, or just sitting quietly.

3

Flexible School Days

A gradual return. Short breaks when needed. Adjusted expectations in lessons.

4

Academic Support

Extended deadlines. Reduced homework. Letting teachers know you need space.

5

Milestones & Special Events

Holidays can be especially difficult. Choices to opt out of festive activities or speak to staff about what would help.

6

Extra support at home

Share information about bereavement support services outside of school (optional, no pressure). Such as 2wish, Child Bereavement UK, Winstons Wish, Child death helpline etc.