

## What Next?

It is really important to tell us about your bereavement.

Please contact your child's Head of House.

## Cairnpapple

Head of House: Dawn Fleming

## Dechmont

Head of House: Kenny Dyson

## Houston

Head of House: Bob Gray

The Head of House will then arrange for a Bereavement Support Volunteer to meet with your child to discuss what support, if any, is required.



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



[www.cruse.org.uk/children](http://www.cruse.org.uk/children)



[www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

Just type 'bereavement' in the search box to access resources and information on the NHS website.



[www.westlothian.gov.uk/bereavement-advice](http://www.westlothian.gov.uk/bereavement-advice)



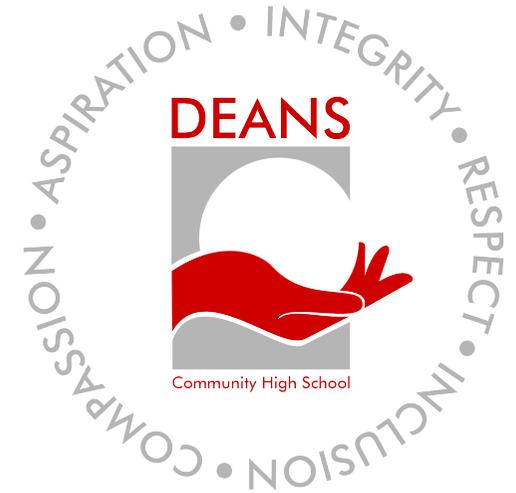
Email: [wldeans-chs@westlothian.org.uk](mailto:wldeans-chs@westlothian.org.uk)

West Lothian Council delivers



Eastwood Park  
Livingston  
EH54 8PS  
Tel: 01506 282155

# Dealing with Loss



We are committed to supporting students to grieve healthily so they can continue to be successful learners.

All students are entitled to bereavement support.

**Information for parents and students dealing with loss**

[www.deanscommunityhighschool.com](http://www.deanscommunityhighschool.com)

West Lothian Council delivers

[westlothian.gov.uk](http://westlothian.gov.uk)



## Glossary/Vocabulary

**Grief** is the normal reaction we all go through when we experience loss. Grief is not a one off event it is a process that happens over time and can affect all aspects of our lives.

**Loss** - there are many ways to experience loss such as when parents divorce or separate, losing your health through illness, by an accident or moving house away from friends.

**Bereavement** is a loss through death like when someone important to us dies.

**Trauma** is the experience of feeling overwhelmed and having feelings that do not go away. This prevents healthy grieving. The effect of this is another kind of loss like a loss of feeling safe.

**Trauma and grief** are connected to each other and some of the symptoms you may experience are as follows:



## Feelings

- ◆ Guilt for not being able to prevent what happened, or being less affected than others.
- ◆ Fear and anxiety of cracking up or that the same thing could happen again.
- ◆ Longing for everything to return to normal.
- ◆ Shame at not being able to cope or being emotional.
- ◆ Anger at the injustice or at people treating the event lightly.
- ◆ Feeling scared and vulnerable.
- ◆ Feeling self conscious of being abnormal.
- ◆ Re-experiencing earlier traumas or feelings of loss.
- ◆ Experiencing mood swings.

## Behaviour

- ◆ Truancy, running away, taking bigger risks.
- ◆ Separation difficulties and safety fears.
- ◆ Decreased school performance.
- ◆ Seeking more attention than usual.
- ◆ Loss of interest in usual activities.

## Physical

- ◆ Headaches, aches and pains.
- ◆ Tightness in chest, nausea (feeling sick).
- ◆ Tiredness and sleeping difficulties.
- ◆ Lump in throat, tearfulness.

## Thinking

- ◆ Disturbing images pop into your mind.
- ◆ Difficulties with memory and concentration.
- ◆ Confused thinking about the event.
- ◆ Need to repeatedly go over details of the event or try to remove it