



Emerson Park Academy

Ref: SGT/JS

Date: 5th October 2026

Dear Parent/Carer,

Following our recent communication regarding the sad passing of one of our year 8 students, we are writing to share guidance and resources to help you support your child at home during this sad time.

Our thoughts remain with the family, as well as every member of our school community affected by this loss.

Guidance for Supporting Your Child at Home

Children process grief and loss in waves and may show emotional responses in very different ways. It is common for children to ask questions repeatedly, become unusually quiet, or switch between deep sadness and normal play. Here are a few ways to help navigate these difficult conversations at home:

1. **Validate Their Emotions:** Reassure your child that whatever they are feeling—whether it is grief, anger, confusion, or even wanting to carry on as normal—is completely acceptable.
2. **Maintain Comforting Routines:** Consistent daily schedules around meals, bedtime, and family routines offer a reassuring sense of safety and stability when internal feelings feel overwhelming.
3. **Encourage Gentle Expression:** Drawing, writing notes, or creating a small memory box can help children process complex feelings if talking directly feels too difficult.

Specialist Bereavement Support Resources

If you feel your child or family needs additional professional guidance or resources outside of school, the following organisations specialise in supporting families through grief. You may have to copy and paste the web address in to your browser:

- **Child Bereavement UK:** Guidance and support for families navigating loss (childbereavementuk.org)
- **Cruse Bereavement Support:** Dedicated help and resources for children and adults facing grief (cruse.org.uk)
- **YoungMinds:** Practical guidance on supporting children's mental health and emotional well-being (youngminds.org.uk)
- **Grief encounter:** Supporting bereaved children and young people. (<https://www.griefencounter.org.uk>)

Thank you for your ongoing compassion and care.

Yours sincerely,
The Safeguarding Team

Wych Elm Road, Hornchurch, Essex RM11 3AD

Telephone: 01708 475285 | Fax: 01708 620963 | Website: www.emersonparkacademy.org | Email: info@emersonparkacademy.org

Head Teacher: Mr Scott McGuinness BSc (Hons), PGCE, PGDip(Ed), NPQH

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