

The Good Shepherd Catholic Primary School

Kingsland Gardens, Kingsthorpe, Northampton, Northamptonshire, NN2 7BH



HEAD TEACHER Mrs Carmel Dodds **DEPUTY HEAD TEACHER** Miss Dominique Smith

PHONE 01604 714399 **EMAIL** Admin@thegoodshepherd.northants.sch.uk

WEBSITE www.thegoodshepherdprimaryschool.org.uk



@Thegoodshepherdnorthampton



@TGSNorthampton

Thursday, 23 March 2023

Dear Parents and Carers,

I am writing to you after the events of yesterday within our local community. We realise that a large number of families have been impacted by these events and we hold all those involved in our prayers.

We held an early staff briefing this morning where we put a plan together to support our children, we followed this up with an assembly focused on worries. We realise that a large number of parents will have made the decision not to share the events with their children and we respect that which is why we focused on worries and not the detail of what has happened.

[Virginia Ironside | The Huge Bag of Worries - YouTube](#)

We have asked Key stage 2 children not to share details, however, if any of the older children who were walking home have witnessed these events, we ask them to come forward and we will direct them to professional support.

If you feel your child has been affected by the events of yesterday, we would ask you to get in touch with the school office.

Thinking of every one of you in our community at this sad time,

God Bless,

Carmel Dodds

Headteacher



Website

www.olicatschools.org

Strategic Executive Lead

Mr Tony Bishop

Registered Office: Our Lady Immaculate
Catholic Academies Trust, c/o St Thomas
More Catholic Secondary School, Tyne
Crescent, Bedford, MK41 7UL

Company Number: 09436283



Common feelings

After a sad or distressing event, you may experience a range of feelings and emotions. These are normal.

In the early stages you may feel:

- Fear
- Guilt
- Shocked
- Shame
- Anger
- Left out
- Let down

Strong emotions can lead to physical reactions and mental sensations. These can include:

- Tiredness
- Sleeplessness
- Bad dreams
- Headaches
- Short temper
- Muscular tension
- Memory difficulties
- Difficulties with concentration

This leaflet will help you to know how others have reacted to bereavement, loss and change and help you to understand what effects this experience can have on your thoughts and feelings and those of your children and young people.



Coping with your feelings....

When you experience a sad or distressing event you may have thoughts and feelings unlike any others you have had before.

This is a **NORMAL** reaction to a very **ABNORMAL** experience and these emotions may last for some time.

Your children and young people will be having similar kinds of feelings; though each person's experiences of the event will be personal and therefore different.

Try not to bottle up your feelings. It is important to talk to others. Crying is natural and often gives relief.

As well as talking, be ready to listen to others.

You may need to have time on your own for private thoughts - explain to your family and friends, they will understand.



How might a child or young person react?

Children and young people experience similar feelings to adults. They need support coming to terms with sad or distressing events but may not be able to express how they feel as they cannot find the words. Children and young people often show their feelings through changes in behaviour, particularly young children. These behaviours may include:

- Increased misbehaviour, aggression and 'younger' behaviour
- Becoming withdrawn
- Pretend play with a desire to 'act out' events.
- Sleep disturbance, bad dreams,

fear of the dark or of being alone.

- Clinginess, desire to sleep in parent/carer's bed.
- Difficulty concentrating on learning
- Forgetfulness, having toileting 'accidents'.
- Heightened alertness to perceived danger, including sensitivity to noise.
- Changes to appetite.
- Fear for their own safety, or the safety of their family and friends.
- Reluctance to talk; children and young people may choose not to talk for fear of upsetting others.
- Being easily upset by seemingly everyday events.
- Reluctance to go to school.

How can you help the children and young people you know

- Try to answer questions as honestly and accurately as you can in words your children and young people will understand.
- Maintain familiar routines and structures. These provide a sense of security.
- Be patient and calm, if possible. A child or young person that you have contact with, may behave in a 'younger' way and may have greater difficulty managing their emotions. This is natural.
- Allow children and young people opportunities to talk about their feelings and let them know it is OK to cry.

- Do not hide your feelings. It is OK for children and young people to see you upset. Explain, in simple terms, that everyone gets upset by such events.
- Try to treat children and young people in your usual way. Be ready to listen but do not be upset if children and young people choose not to talk. They might express their feelings through play or in their behaviour.
- Make time for yourself and make sure that you have others who you can talk to about your feelings and concerns. Children will benefit from this.