



Ringwood School

Dear parents/carers,

As part of World Mental Health Day this Thursday 10th October we are aiming to raise awareness of loss. Whether this be the death of a loved one, or the breakup of a friendship; there are many forms of loss and we want to take the opportunity to ensure our students know how to support each other and how to access support themselves.

Our Cultural Awareness, Celebration and Reflection (CCR) activity in tutor time that week will focus on various ways of coping with loss and where to go for support. We are also fortunate to have Debs from Simon Says Bereavement Support <https://www.simonsays.org.uk/> coming into school during lunchtime on Thursday 10th October to offer a drop-in service for any students who may want to talk. If you think this could benefit your child, please talk to them and let them know this will be on offer. It will also be publicised around school and in tutor times.

If you think your child may need some further support on this day in general (for example, during the CCR tutor activity), please get in touch with your child's tutor in the first instance.

For further information on how to access bereavement support, please visit the Pastoral section of our website.

Kind regards,

Mrs Chyzewska

Pastoral Support and Mental Health Lead