

Dundalk Grammar School

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BComm International, PDMP, PDE



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DUNDALK GRAMMAR SCHOOL

Bereavement Support Programme January 2021

Dear Parent/Guardian,

When a bereavement/death takes place within a family, among a group of friends or within a community, it can have a profound effect on all members. Grieving is a natural process which evolves from an emotional loss. If it is not dealt with at the appropriate time, it may be repressed or become chronic.

The ethos of our school is to promote the development of the 'whole' individual; that is their personal, social and emotional well-being. This is achieved through the pastoral care structures in place within our school community.

We are aware that many of the students within our care have, at some stage, experienced a significant bereavement. In response to this we plan to run a Bereavement Support Programme over the coming weeks.

The purpose of this support group is to provide those grieving with the opportunity to share their feelings in an accepting environment supported by trained staff members. Mr. Alan Norton and Miss Helen Christmas will facilitate the group(s).

The Bereavement Support Programme will commence on **Wednesday 13th January** for five consecutive weeks. The group(s) will meet during lunch break, from 1.15.p.m. – 1.55.p.m. in the school. It is hoped that this time would facilitate students who may have commitments after school. Groups will meet in accordance with the public health guidelines and the DGS Safe Return to School Protocols.

Participation in the Bereavement Support Programme is open to all students in our secondary school. There will be a limit of 5 places within each group. If demand is greater then we would hope to run a second programme later in the term.

It is important to point out that our programme is not counselling or therapy, rather it simply provides a safe and supportive environment in which students can talk freely about their experience of bereavement. If it is felt that students would benefit from additional, one to one, support during or following the conclusion of the programme then a referral to a counsellor/psychotherapist can be facilitated.

If you are happy for your son/daughter to participate in the Bereavement Support Programme then please complete the consent form on the reverse of this page and return it to the school office, marked Bereavement Support. If you have any further questions, please do not hesitate in contacting us at the school.

Alan Norton.
School Guidance Counsellor.

Helen Christmas.
Student Welfare Officer.

*Bereavement Support Programme – 2021
Dundalk Grammar School*

Application & Consent Form

Student's Name: _____

Address: _____

Telephone No: _____

Date of Birth: _____

Is the student on medication for health difficulties at present _____

If so please indicate the type of Medication _____

Name of the deceased person: _____

Date of the death of the deceased: _____

Student's relationship to the deceased _____

Any additional information you would like to give _____

I hereby give consent for my son/daughter to participate in the Bereavement Support Programme at Dundalk Grammar School.

Signed: _____
Parent/Guardian

Parent/Guardian