

Richmond's Hope is a Scottish  
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SCIO SC036720



Richmondshope



RichmondsHopeCharity



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

to make an enquiry, or arrange a  
callback/visit at your closest base

Registered Address: suite 2f1 Norton Park, 57 Albion Road, EH7 5QY

How my teacher  
can support me in  
school



Someone in my life has died. Here are ways you might be able to help me

**Grief is different for everyone, please ask me how I would like to be supported in school.**

**Check in with me occasionally as what I need may change over time.**

- Let me know who I can speak to.
- I am learning to cope with lots of changes just now.
- Please be patient if you notice differences in me, I am trying to get used to my new normal.
- Don't treat me differently to my classmates because I'm bereaved.
- I may be finding things more difficult than usual, please ask if I need extra support with school work (and homework) so I don't get behind.
- When people know that someone has died, it is easier for them to understand when I am struggling.
- Tell other teachers and supply teachers what has happened, and that I may or may not be ready to talk.
- Offer me some information about groups or places that help after someone has died (so I know what there to help me if I need it).
- I may need to leave class if I become upset, please give me a note or a signal I can use to leave without having to ask in front of everyone.
- Give me encouragement for all I am managing to do