

WEST ACTON PRIMARY SCHOOL

NEWSLETTER

Friday 9th September 2022



*West Acton joins the country at this deeply sad time at the loss of our beloved Queen Elizabeth II. We give thanks for her life and dedicated service to our country and commonwealth. Our thoughts and prayers are with her family on this sorrowful occasion.
May your Majesty rest in peace.*

Today we held a one minute silence and children reflected on the news of the Queen Elizabeth II death yesterday. It is expected we will close on the day of the Queen's funeral. As a school we will hold an event to pay our respects and remembrance. We will share details once they are confirmed.



Message from Mrs Ahmad – West Acton School Therapist

Following the death of Her Majesty The Queen, the nation will be experiencing collective grief. It is likely that many people will be experiencing a great deal of grief for the Queen who has been central to life in the UK for so long.

It's important to remember that you don't have to know someone personally to be affected by their death. And, that while collective grief can be upsetting, sometimes grieving as a group can allow us to process our feelings more easily.

How can parents/carer's help themselves and their families?

When death and dying is in the news, it can trigger feelings about your own experiences. Hearing about death or tragedy in the news can also be deeply upsetting even if you haven't lost anyone yourself.

Allow yourself to grieve and give yourself permission to feel sad, for The Queen and her loved ones, and also for what you and the nation have lost.

Talk to someone - There are many others who are affected in the same way as you. Look for places where people are sharing their feelings or sign one of the books of condolence. Talking to friends and family can also help, but it's worth thinking about their own circumstances. If you are very upset not everyone will understand.

Take a break from the news- We often feel like staying up to date with sad events can make us feel better. But take a break from news coverage if it is making you feel very sad or anxious.

Our children grieve just as deeply as we do as adults, but they show it in different ways. They learn how to grieve by copying the responses of the adults around them.

This weekend allow for time together with your child/children for comfort, support and any questions they may want to ask you.

Let the children speak and really listen to what they are feeling – let them know that whatever they are feeling, those feelings belong to them and they are important.

Know that I am here if anybody in the community would like to speak with me. Please contact via admin@west-acton.ealing.sch.uk

Take good care,

Mrs Ahmad