



Ark Tindal Primary Academy

5 July 2021

Dear Parent/Carer,

I am deeply saddened to share news with you of the passing of Mrs Vigers. Mrs Vigers was a valued member of our pastoral team and worked with many children and families from across the school. She will be missed by all of us.

All of us here at Ark Tindal extend our deepest sympathy to Mrs Vigers' friends and family.

We have spoken to each year group separately today, helping them to come to terms with our loss. For each class, we have shared with them a book to give them context of this news and have spent time talking to them, answering questions and engaging in reflective activities. If you would like to view the books that were shared, or share them again with your children, you can access a reading of them on the website. KS2 shared the book 'Sad Book' by Michael Rosen and Early Years and KS1 shared 'The Memory Tree' by Britta Teckentrup.

Because of our close school community, Mrs Vigers' death touches everyone at our school and may bring back memories of other deaths in our families. When an adult close to a child dies, children react in many different ways. Please watch your child over the coming days and weeks and be alert for any changes such as:

Physical – any changes in sleep patterns, a change in eating habits or complaining of headaches or stomach pains

Emotional- any changes such as unusual fears, anger, worry or clinging behaviour towards parents or other adults

Social – loss of interest in usual activities

Open communication between parents and children is vital. Give reassurance to your child and try to understand their feelings – let them talk. If you think your child is struggling to deal with this situation, please contact the school on 0121 464 3049 and we will provide support as needed. Please do remember that the staff are also grieving and be considerate with your questions.

We plan to pay tribute to Mrs Vigers with a memory book which will give us all a chance to share our memories of her time at Tindal and we will be planting a tree in her memory in our science garden.

I'm sure this news will come to many of you as a shock so it is important to reach out for help and support should you need to. On the reverse of this letter are a number of helplines and websites that may be of use.

With best wishes,

Rebecca Eaton
Headteacher

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Helplines

Cruse Bereavement Care

Day by Day Helpline: 0808 808 1677

www.cruse.org.uk

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides counselling and support and offers information, advice, education and training services.

Sudden

Helpline: 0800 2600 400

www.sudden.org

We help when someone has died suddenly, or too soon in their life, because of a sudden medical reason (including COVID-19), or terminal illness injuries caused by something that happened.

Our role is to help people during the first ten weeks following a sudden bereavement. You can call us from day one, onwards. At Sudden, your named case worker helps to support you with a warm, listening ear, give advice on bereavement issues and get the help you need, including emotional, practical, psychological or legal.

Hope Again

www.hopeagain.org.uk

Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies. We also work to enhance society's care of bereaved people.

The Compassionate Friends

Helpline: 0345 123 2304

www.tcf.org.uk

The Compassionate Friends provide one-to-one support, local support groups and produce a range of publications for parents, children, grandparents and professionals, as well as a website specifically for people dealing with the death of a brother or sister.

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