

TE Guidance for Schools

COVID-19 – supplement

The general Tragic Event Guidance contains information that continues to be helpful, however in recognition of the current health situation this supplement provides further relevant information.

Grieving in exceptional times

The current restrictions have had an ever increasing impact on our lives and there may be collective changes which people may have experienced and continue to experience - such as loss of job, income, loss of role, daily routine, freedom, physical connection, loss of coping skills, safety, normality, hope and opportunities. We are all feeling any number of things right now and some of what we are feeling is grief.

We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realise things will be different. This is hitting us and we're grieving. We are not used to this kind of collective grief all around us. Taking time to acknowledge how we feel, being kind to ourselves and recognising that our feelings and our behaviours are normal reactions to what is happening can help. If you continue to feel overwhelmed with grief keep trying. There is something powerful about naming this as grief. It helps us feel what's inside of us. Let yourself feel the grief and keep going. (S. Berinato, 23.3.20)

During this time it is important to remember

Generally people deal with adversity in a sensible way. People don't usually panic. People cope. People are tougher than we sometimes give them credit for. People show great courage, resourcefulness, adaptability, resiliency, hopefulness and humanitarianism (Wessely S, 2005).

Adult Self-Care

Adult self care and wellbeing is a core element of being available and able to support children and young people. Children get their support from those they trust and who make them feel safe. This means that adults supporting the children and young people need to look after themselves and practice self-care.

The adults who support children may be dealing with their own anxiety or worries - there may be worries about vulnerable relatives health or worries about the future, it can seem overwhelming at times. Each of us is living with slightly different circumstances and facing different challenges (even as we move from lockdown) so everyone will be feeling slightly different at different times, however common emotions we might be experiencing are anxiety and irritability. Accepting that we are living through difficult times and acknowledging that at times it's normal to feel more annoyed, irritable or angry than usual and being kind and compassionate to ourselves can help. Taking time to look after ourselves in order that we can be available to look after others is important.

Advice about self-care and wellbeing during a time of uncertainty can be at found

- <https://www.goodgrief.org.au/sites/default/files/Season%20Growth%20Toolkit%20Selfcare%20Times%20Uncertainty%20COVID19.pdf>

- https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIqobChMI1fqE-66s6AIVlPtCh09KAQDEAAAYASAAEgJFNfD_BwE
- [https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-gb.pdf)
- <https://lltff.com/wp-content/uploads/LLTFF-Coronavirus-for-adults-at-home.pdf>
- <https://www.thecalmzone.net/2020/03/a-little-help-to-get-you-through-these-weird-times/>
- <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Keyworkers

Further advice for keyworkers and their children can be found at:

Advice for keyworkers

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Advice%20for%20keyworker%20parents%20-%20helping%20your%20child%20adapt.pdf>

Advice for the children of key workers

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/When%20your%20parent%20is%20a%20keyworker%20-%20advice%20for%20children%20and%20young%20people.pdf>

Supporting Children and Young People

Adults may be worrying about supporting children at this time, information about talking to children about illness can be found at

- <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>
- https://www.cosla.gov.uk/_data/assets/pdf_file/0018/15570/covid19adviceforsupportingchildrenandyoungpeople.pdf
- <https://www.headstogether.org.uk/10-tips-for-talking-to-kids-about-their-worries/>

Mentally Healthy Schools has produced a toolkit to help teachers, parents and carers respond to any anxiety that may arise from the Coronavirus

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Autism NI provides has provided advice for managing anxiety

<https://www.autismni.org/managing-anxiety>

The Invisible String by Patrice Karst is a children's book that describes the connections between people, even at a distance. Below is a reading of the book

<https://www.youtube.com/watch?v=rVp9ZBmPu8o>

Young People Self-Care

Young People can access information about looking after their wellbeing at

Living Life to the Full

Living Life to the Full for Young People – Covid19: how to look after your wellbeing

<https://www.lltffyp.com/corona/>

<https://www.lltffyp.com/>

Anna Freud National Centre for Children and Young People

Suggested self care strategies for young people

<https://www.annafreud.org/on-my-mind/self-care/>

Childline Scotland

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Supporting children and young people with ASN

Some advice about supporting children and young people with ASN can be found at:

ENABLE Scotland

<https://www.enable.org.uk/coronavirus-information/>

Scottish Autism

<https://www.scottishautism.org/services-support/covid-19-support>

Sheffield Children's NHS Trust

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

The Autism Educator

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Bereavement

During this time of isolation and as we move into the recovery stage some families may have experienced the death of a loved one. It may be due to COVID-19, or it could be completely unrelated. Whether related to COVID-19 or not, a bereavement during this time will create new challenges and it is important to find alternative ways to grieve and be with those closest to us that allow our social connectedness to be maintained. Parents/carers/key adults who are attuned to the child will ultimately help support them through the situation. Being bereaved can be an extremely lonely time and talking with those we rely on and trust is one of the most helpful ways to cope. At this current time, physical isolation may make feelings of loss even more intense however it is important to remember while we are physically distant this does not mean we can't be still be emotionally connected, social support is essential for our wellbeing so while it is important that we engage in physical distancing we should also maintain social connectedness.

The links below will provide some further relevant information for those dealing with illness or bereavement at this time.

Child Bereavement Network

CBN supports professionals working with bereaved children and young people.

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

Many bereaved children are left #LostForWords by death, others simply haven't enough words to express themselves. This resource from CBN shares supportive words and emojis from children who know how it feels - <http://www.childhoodbereavementnetwork.org.uk/media/97729/Lost-For-Words-Benjamin-Brooks-Dutton.pdf>

Staying connected when someone is seriously ill

<http://www.childhoodbereavementnetwork.org.uk/media/102504/Keeping-in-touch.pdf>

Child Bereavement UK

Provides information, advice and guidance to parents/carers and professionals who support bereaved children and young people. They have made a short video about supporting bereaved children through difficult times. Their helpline continues on 0800 02 888 40 and they continue to respond to emails on support@childbereavementuk.org. You can also use live chat functions via their website.

<https://www.childbereavementuk.org/coronavirus-supporting-children>

<https://www.childbereavementuk.org/coronavirus-covid-19-information>

Winston's Wish

Provide information, advice and guidance to parents/carers and professionals supporting bereaved children. Their Freephone national helpline (08088 020 021), along with ASK email (ask@winstonswish.org) and online chat services remain available.

<https://www.winstonswish.org/coronavirus/>

Winston's Wish have produced guidance

- on talking to bereaved children about coronavirus
<https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

- not being able to attend a funeral of a loved one

<https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>

Cruse Bereavement Care

Has many resources on how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with. The Scottish branch helpline remains open (calls cost 5p per minute) 0845 6002227

Cruse Bereavement Care have produced some Increased anxiety about the virus and coping with talk of death and dying at https://www.cruse.org.uk/sites/default/files/default_images/pdf/Documents-and-fact-sheets/Coronavirus%20factsheet_talking%20death%20and%20dying.pdf

among their wider resources about grief and coronavirus at <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Hope Again

Hope Again is the youth website of [Cruse Bereavement Care](https://www.cruse.org.uk). It aims to be a safe place where young people can learn from other young people - how to cope with grief, and feel less alone. Free telephone(0800 8808 1677) and email support for bereaved young people available Monday to Friday

<https://www.hopeagain.org.uk/>

<https://www.cruse.org.uk/coronavirus/children-and-young-people>

hopeagain@cruse.org.uk

Young Scot

Advice to young people written in partnership with St Columba's Hospice Care

<https://young.scot/get-informed/national/grief-bereavement-and-the-coronavirus-covid-19-outbreak>

Young Minds

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

Seesaw

Offers advice, information and training when there has been a death in the school community, this booklet might be of particular interest - Supporting under 5s when someone important has died – advice for parents/ carers and pre-school staff

https://www.seesaw.org.uk/wp-content/uploads/2020/03/seesaw_under-fives-booklet_WEB2-1.pdf

National Autistic Society

<https://www.autism.org.uk/about/family-life/bereavement.aspx>

The Small Creature – British Heart Foundation

A British Heart Foundation film for children aged 3 to 8 who are coming to terms with the death of a loved one.

<https://www.youtube.com/watch?v=cO2LBBtAlhttp://www.rebeccasutherland.co.uk/filter/British-Heart-Foundation/The-Small-Creature-Animation>

Beyond Words

When someone dies from corona virus: a guide for families and carers.

<https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus>

When People Die:

Stories from Young People is a comic that tells numerous stories about death and resilience from a group of young people.

https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a_.pdf

How to be Harry's Friend:

Read by Gavin Mitchell of Still Game. This is a story made by the BBC and read by Gavin Mitchell of Still Game about a young boy called Isaac can help his friend Harry when his mum dies

<https://www.bbc.co.uk/programmes/p0824x6v>

Video & Booklet Saying Goodbye when someone very special dies

<https://www.youtube.com/watch?v=SnIYObmeAZE>

<https://indd.adobe.com/view/eafec4d8-5699-4f34-8342-9c3de45c26af>

Marie Curie

Provides practical information and support for those who have been bereaved

<https://www.mariecurie.org.uk/globalassets/media/documents/how-we-can-help/booklets-pdfs-only/supporting-children-and-young-people-when-someone-dies.pdf>

<https://www.mariecurie.org.uk/globalassets/media/documents/how-we-can-help/booklets-pdfs-only/supporting-children-young-people-when-someone-has-a-terminal-illness.pdf>

Further resources:

Mentally healthy workplaces

<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

Educational psychology service and Primary Mental Health Team continue to be available for consultation and advice as required.

Further information can be found in the leaflet **Covid 19 –where to get help**

