

St Augustine's College, Abbeyside, Dungarvan



Bereavement Policy

2017

Mission Statement.

St Augustine's College is a caring community, committed to offering all of its students and staff a happy and safe environment in which they can work, learn, pray and play. We endeavour to facilitate the academic, personal, moral, spiritual and social development of each member of our school community. Our aim is to provide a balanced and well-rounded education for all our students.

Bereavement Policy Overview

St. Augustine's College is a school that understands the pain and difficulty of bereavement. It is especially difficult when dealing with teenagers, because often the students have to face up to issues they never thought they would have to deal with, such as their own mortality. In this policy, we have included those who have been affected by a separation and divorce, as often these can be just as devastating. Grief is confusing, unexpected, frustrating and painful; it is the process of accepting loss and acknowledging the pain that comes with it. The hurt students feel is good because it is real and reminds the students of how much they cared and loved what has been taken from them. If we as a school deny the grief or ignore it, there can be lasting destructive effects on the students and their relationships. It becomes like a wound that will not go away because we refuse to treat it.

This school's policy is to help the student deal with this painful and difficult time by:

1. Noticing the signs of grief in the classroom.
2. The do's and don'ts by the teachers.
3. Knowing and understanding the 5 stages of grief.

Through these steps the school can offer the best support to the grieving student.

Step 1: Noticing the signs in the classroom

It is important for teachers to notice the following in the classroom:

- Outburst during class.
- Continual daydreaming, student being unfocused.
- Homework incomplete, tests unfinished.
- High absenteeism, wanting to call home often.
- Dropping out of school activities and events.
- Not having uniform, uninterested in appearance.
- Teary eyed, emotional.

The above are more prevalent with the loss of a parent or parental figure.

The following are more prevalent with the loss of a sibling, friend or boyfriend/girlfriend:

- Bouts of anger, not getting along with other students.
- Using alcohol and drugs.
- Withdrawn.
- Taking on their lost sibling, friend, boyfriend / girlfriend in mannerisms, dress, actions and speech.
- Needing to speak about death and life after death.

Step2: The things that teachers should do to deal with a grieving student in class

- **Do** show you care, let them know that you are aware of their loss.
- **Do** be available; tell them that you are there to help.
- **Do** let them express their grief.
- **Do** let them talk about their loss, even if it is during a busy class.
- **Do** be honest and positive with the student.

The things that teachers should not do when dealing with a grieving student

- **Don't** avoid the student because you feel helpless.
- **Don't** say you know how they feel (unless the same has happened to you).
- **Don't** tell the student how they should feel.

Step 3: Knowing and understanding the 5 stages of grief.

Stage I: Denial

This is when the student may reject what has happened and be in denial. Teachers shouldn't force the issue upon the student, or make them face up to it.

Stage 2: Anger

Sometimes students may feel a sense of rage, this may be directed towards fellow students and teachers.

Teachers in this position should calmly tell the student that it is okay to be hurt and angry, but should gently reprimand the student and offer to listen to them.

Stage 3: Bargaining

This is the "if only stage", where students will generally attempt to change the death of a loved one. Teachers are advised to leave the student work through this.

State 4: Depression

It is important for the teachers to be especially aware of this. During this stage students may turn to alcohol and drugs. Some may even resort to self-harm, have suicidal thoughts or even attempt suicide.

Stage 5: Acceptance

This is when the student finally learns to accept the death and endeavours to move on.

Referral Policy

A student can be referred by a Parent/Guardian/Year head/ Member of the Student Support Team to the Guidance Counsellor.

“Friary Rainbow” is available for individual/group counselling for bereaved students. Students may also self - refer if they wish.

Review and Evaluation

This policy will be reviewed regularly. In practice, this policy should be co-ordinated by a core committee consisting of two staff members, two parents/guardians nominated by the Parent’s Association and two students in consultation with the wider school community. On-going review and evaluation should take note of changing information, legislation and developments in school-based programmes, and feedback to parents / guardians, staff and students. This policy should be revised as necessary in the light of such review and evaluation and within the framework of school planning.