[Date]

Dear parents/carers,

We wanted to share some information about [one/two] of the books we will be looking at this [week/term] in Lower KS2.

*Out to Sea* by Helen Kellock is the story of Lara’s journey through grief after her nana dies. Overwhelmed initially, she begins to come to terms with the loss and see the light again.

*The Cat Mummy* by Jacqueline Wilson is about the death of a girl’s pet cat, and how it stirs up thoughts and feelings about the death of her own mum years before.

The book[s] ha[s/ve] been carefully researched to ensure they [it] provide[s] a sensitive, meaningful route into the theme of bereavement.

The objective is to provide children with the space and language to explore their, and others’ feelings and experiences of loss, in a safe, kind environment, thereby meeting the statutory Relationships & Health – as well as English – curriculum requirements. However, there is no requirement or expectation for children to discuss or share anything they are not comfortable with.

Please feel free to get in touch if you have any concerns or specific experiences that may be triggered which you’d like to inform me of. Additionally, there are some links to various organisations below.

With kind regards,

[Name]

<https://seesaw.org.uk/>

[www.childbereavement.org](http://www.childbereavement.org)

[www.winstonswish.org](http://www.winstonswish.org)

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

[www.letstalkaboutloss.org](http://www.letstalkaboutloss.org)

[www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/parents](http://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/parents)