



SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

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20th October 2020

Dear Parents,

Re: Peer Support Group

Here at STFS we would like to establish a peer support group for our young people who are living with the pain of grief, following the death of someone they love. Young people, their families and child bereavement organisations agree that meeting up regularly with other young people, with similar experiences, helps to ease feelings of isolation and difference, especially with the added pressures of teenage life.

The group will be facilitated by Kate Owens, our SENCO and Suzy Peace. Suzy is one of our Learning Support Assistants with experience of bring up two young children who experienced a significant loss.

For Young People

Who we ARE - We are a group of young people meeting together, doing something positive to be ourselves and helping others based upon our experience. We will plan future activities and events so it will be a lot of fun.

What It's NOT - It's not a counselling group. You come as often or as little as you want. You can take part as much or as little as you feel able to. We accept that your ability to take part may be different every time you come along.

Who can come along? - Any student at STFS who has experienced the pain of grief following the death of someone they love, regardless of how long ago it happened. There is no time limit on grief.

The group will meet weekly, after school from Monday 16th November, from 3.30pm - 4.30pm.

If your child is interested in coming along to our first session or if after talking with your child you would like more information or a chat, please email katie.owens@sirthomasfremantle.org or suzanne.peace@sirthomasfremantle.org

Yours faithfully,

Miss Kate Owens
SENCO

