



Jan. 1st, 2018.

Dear Parents/Guardians,

As a school community, we have all been deeply saddened by the death of our dear friend, Cora Griffin, and our thoughts and prayers are with the Griffin family at this difficult time.

Our hope is that Cora's family will find some comfort from the outpouring of sympathies expressed and from the support during the funeral and over the past few days by all of Cora's friends in 3rd year, students in other year groups, teachers, parents and the entire school community of Ardscoil na Mara.

We will have support structures in place to help your child cope with this bereavement upon returning to school next Monday, Jan. 8th. We will ensure that students are aware of the supports that are in place and how to access them. Our entire staff have liaised over the past few weeks with the National Educational Psychological Service (NEPS) and will provide our students with the necessary coping strategies to assist them with the emotional journey in the weeks and months ahead.

In the meantime, we are conscious that it may be difficult for students this week while on school holidays and that they may have some feelings and questions that they may want to discuss with you. You can help your child by taking time to listen and by encouraging him/her to express feelings. All children are different and will express their feelings in different ways. It is not uncommon for children to have difficulty concentrating or be fearful, anxious or irritable. They may become withdrawn, cry, complain of physical aches or pains, have difficulty sleeping or have nightmares. Some may not want to eat. These are generally short term reactions. Over the course of the coming days, please keep an eye on your child and allow him/her to express their feelings without criticism.

Please find attached some advice from the Department of Education & Skills

- R8 ' How to cope when something horrible happens'
- R12 ' How to help your child through this difficult time'

Please do not hesitate to contact any of us through office@ardscoilnamara.ie if you need any support or advice during this week or upon returning to school.

We will keep Cora and her family in our thoughts and prayers.

"Ar dheis Dé go raibh a hanam dílis"

Yours Sincerely,

Padraig Cawley

Michelle Jefford

Anthony Leahy

Ann Hennebry

Principal

Deputy Principal

Deputy Principal

Deputy Principal