



English Martyrs School,
St Mark St
E1 8DJ
02077090182

www.englishmartyrs.towerhamlets.sch.uk

We are special people on a journey, growing and learning together in search of excellence, as we follow in the footsteps of Jesus.

Dear Parents and Carers,

Life to the Full – Session about Death and Grief

As part of your child's RE and RHE learning, we will be completing a lesson on 24th April which introduces children to the topics of death and grief in a sensitive, age-appropriate way from a Catholic faith perspective.

In the session, your child will learn:

- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving.

The most important way you can support your child's learning is to be willing to have open, honest conversations about death and perhaps share your own experiences of death and grief if you feel able to.

You may like to pray with your child and as well as praying the following traditional prayer for those who have died, you might like to name any family and friends who have died and ask that they would rest in peace.

Prayer for Those Who Have Died

Eternal rest grant unto them, O Lord,

and let perpetual light shine upon them.

May they rest in peace.

Amen

If you have any queries about the lesson, don't hesitate to get in touch with me.

Mrs C Pannell