

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

Executive Headteacher: Mrs S J Moore

Head of School: Mrs S L Buttress

Abbey Road
Bourne

Tel: 01778 422163



26th April 2021

Dear Parents/Carers,

This year, your child is taking part in the *Apple's Friends* programme. You have probably heard all about Apple the hamster and his friends Tig, Leila and Sandy. The children have been learning about feelings, communication and what to do to feel better when they are sad, angry or nervous.

This term, we are going to talk about change and loss. We'll talk about how to help ourselves feel better when sad changes happen. We are also going to talk about how we feel when someone dies.

The aim of this module is not to feel too sad, but to show that there are lots of ways that we can feel better when a person or a pet dies. Research says it doesn't hurt children to talk about death in a comforting environment, and it's important to be open and honest about it.

Over one million children around the world have taken part in *Apple's Friends*. Experience has shown that it can be very helpful for children to talk about loss, particularly if someone they know has died recently.

If you have any concerns, please do contact your child's class teacher.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S Buttress', written in a cursive style.

Mrs S L Buttress
Head of School