



## Loreto Secondary School

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9<sup>th</sup> March 2020

Dear Parent/Guardian,

Sadly, this morning, I need to share some very sad news with you. As some of you may have heard, one of our First year students, Breta Ezeh in 1 Bulkley passed away yesterday, after a short illness.

Breta was a lovely student and was known to a lot of students and staff in the school. This is a sad time for all of us and our thoughts are with Breta's family at this time.

(In ordinary circumstances, in no way would we ever be expected to give details of the circumstances of the student's death but to protect the privacy of Breta and her family, it is important for me to say that this has nothing to do with the Covid-19 virus.)

Breta's death is a shock and a source of sadness to many students and staff. At times like this, often students don't know what to say or do and that is perfectly normal. Members of the Pastoral Care team will visit with the First Year classes today offering one-to-one and small group support.

It is possible that your daughter may have some feelings and questions she may like to discuss with you. You can help your daughter by taking time to listen and by encouraging 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 to be fearful, anxious, or irritable. They may become withdrawn, cry, complain of physical aches and pains or have difficulty sleeping. 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 daughter and allow her to express her feelings. Although classes will continue as usual, I anticipate that the next few days will be difficult for everyone.

There are a number of organisations which offer support to young people which may be of benefit in supporting your daughter throughout this sad time. These include:

[www.spunout.ie](http://www.spunout.ie)

[www.teencounselling.ie](http://www.teencounselling.ie)


[www.barnardos.ie](http://www.barnardos.ie)

[www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)

Young people frequently turn to social media to see what others are saying, or to find out more. At these times it is important that you monitor your daughter's use and engage with her about what she is reading. We urge you to emphasise and reinforce the need to be extremely sensitive and careful about what they post.

If you would like to speak to your daughter's Year Leader or a member of the Pastoral Care team in helping her support her at this sad time, please telephone the school 012867481.

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Emma Raughter', with a horizontal line underneath it.

Emma Raughter