



Dear Parents and Carers

## **Life to the Full – Session on Death and Grief**

As part of your child's RE and RHE curriculum, we will be completing a lesson on Friday 13th February which introduces the topics of death and grief in a sensitive and age-appropriate way, from a Catholic faith perspective.

During this session, your child will learn:

- What 'death' means
- About some of the feelings often associated with grief
- What the Christian faith teaches about death and eternal life
- Ways to support themselves and others when experiencing grief

The most important way you can support your child's learning is by being open to honest conversations about death. If you feel comfortable, you may wish to share your own experiences of loss and grief.

You may also like to pray with your child. Alongside the traditional prayer below, you might choose to name family members and friends who have died and ask that they may 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, please get in touch.

Thank you,

Miss Kalsi

