

For my teacher...

I want to share some information with you. I am being helped by Scotty's Little Soldiers as my parent, who served in the British Armed Forces, has died.

I have lots of different feelings and emotions because of what happened to me and my family. Sometimes I need a little extra support and I thought of you.

Scotty's has given me some ideas that might help me when life feels tough. I have ticked those that I think will help me. Please take a look and help me make a plan.

Thank you!

From:

Please keep private

As my teacher, you can support me if you...

Tell people at school what has happened to me.

Ask me how I am feeling.

Talk to me about my parent who died.

Give me some time out when I need it.

Get an adult to talk to me to see if I need any extra help.

Remember it can be hard for me to concentrate at times.

