

## For my teacher...

As an adult I trust in my school, I want to share some personal information with you. I am a member of Scotty's Little Soldiers as my parent, who served in the British Armed Forces, died. Scotty's are a UK based charity who are available to help and support me whenever I need it.

I have so many 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 have given me some suggestions of ways that could help me when life feels challenging. I have ticked those that I think will help me.

Please take a look and help me make a plan so I feel supported in school.  
Thank you!

From:

Please keep private

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

Give me some time out when I feel overwhelmed, so I can collect my thoughts.

Get an adult to speak to me when I need extra information, guidance or support.

Treat me like everyone else but be aware that some lessons may impact on me.

Speak to me about my parent who died, as I like to talk about them.

Remember it can be hard for me to concentrate at times so I might need extra support.

Understand that there is no 'getting over it' with time and I will always need support.

Talk to me about how to tell people at school what has happened to me.

Ask me how I am feeling, as it may not be obvious.

.....