

École J.R. Henderson P.S.

April 9, 2018

School Parental letter for Humboldt bus accident

Dear Henderson Families,

We are all shocked and saddened by the tragic accident that affected the Saskatchewan hockey team Humboldt Broncos on Friday, April 6, 2018. Our thoughts are with all those affected, and we acknowledge the bravery of emergency personnel and first responders. As an expression of support and solidarity with the Humboldt Broncos hockey team, and school communities of Humboldt, Saskatchewan, our school will lower our school flag to half-mast on Thursday, April 12. We invite all of our school community to wear sport jerseys in support and solidarity with the Humboldt Broncos and all those affected by this national tragedy.

Although events like this are extremely rare, we recognize the impact they can have on each of us—our children, staff, families and friends. Individuals react to situations like this in various ways. We may feel sadness, grief, helplessness, anxiety and anger. Whatever you feel is okay.

Our Educational Services team has prepared some tips to help you support children at this time:

- Listen and acknowledge all feelings.
- Recognize that children may become concerned that something bad will happen to themselves, family or friends. Explain that safety measures are in place and reassure them that you and other adults will take care of them.
- Create an atmosphere for open dialogue and discussion if your child wants to talk or ask questions.
- Let children know that they may experience a range of emotions and this is to be expected.
- Let the young person know that supports are available at home, in the community, and at his/her school if they need to speak to someone.
- When children ask questions, use age-appropriate language and a calm and reassuring tone of voice.
- Choose what information is to be shared based on the child's age and an assessment of your child's need to know. If your child is not focused on the tragedy, do not dwell on it.
- Limit media exposure about this event for younger children.
- Let older children know that the media coverage may be too disturbing for them to watch or watch the media coverage with them and discuss it.
- Let older children know that discussing the tragedy with younger children is not appropriate.

· A natural parental response after tragedies like this is to feel overprotective of your child for a while and to feel a heightened sense of vulnerability, anger, fear, and sense of helplessness.

· Be aware of your own needs. Don't ignore your own feelings of anxiety, grief and anger. Talking to friends, family members, faith leaders and mental health counsellors can help. Let your children know you are sad. You will be better able to support them if you can express your own emotions in a productive manner.

As always, our top priority is the safety and well-being of each of our students—your children. We are continuing to provide all staffs with information on how to support our students. In addition, Educational Services and our own student services staffs are to assist affected students.

Sincerely,

Mme Prenevost