

Cork Education and Training Board

St. Brogan's College

Kilbrogan, Bandon, Co. Cork. P72 X259

Principal: Helen Cadogan, B.Comm., GDE (B), M.Sc.
Deputy-Principal: Derry O'Donovan, B.Sc., HDip in Ed.,
MEd (Sc), PGDip EL
Deputy-Principal: Teresa Vaughan, B.A., HDip in Ed
Registered Charity Number: 20083274



Bord Oideachais agus Oiliúna Chorcaí
Coláiste Bhrógáin Naofa
Cill Bhrógáin, Droichead na Banndan P72 X259

Príomhoide: Eilín Ní Cheadagáin, B. Comm., GDE (B), M.Sc.
Leas-Phríomhoide: Diarmuid Ó Donnabháin BSc., HDip in Ed.,
MEd (Sc), PGDip EL
Leas-Phríomhoide: Treasa Ní Bhocháin, B.A., HDip in Ed

25th February 2022

Dear Parent/ Guardian

As we prepare to return to school after our mid-term break we do so with the knowledge that many students will be feeling the hurt and loss of our student, Rian de Brún.

Grief is a slow, natural process, with many stages. Over the next number of weeks, you may see your child continue to be very upset. Denial, numbness, and shock are a normal part of grieving. We have created a page on our website with information on supports, grief and youth mental health. The link to the page on the website is [Supports for Young People|St Brogan's College \(sbc.ie\)](https://www.sbc.ie/Supports-for-Young-People).

On the web page you will find a page from the National Educational Psychological Service (NEPS) outlining the stages of grief. This may help you as you support your child.

We will be returning to our normal school timetable and routine on Monday. Routine and structure are very important in helping us navigate difficult times. However, we are also very aware that many students will be needing additional support. Our school will have supports available to students on their return. Our Guidance Counsellors and Art therapy teacher will be available to students. Students will have the opportunity to meet with these staff members.

On the web page you will also find a document titled 'Ways to help your child through this difficult time' from NEPS. We hope this will be of help as you continue to support your child.

This is a difficult and challenging time for us all. Sometimes words fail, and we may need to speak to our loved ones with hugs and cups of tea!! There is no script for this, but we will all continue to support each other. In your child's journal and on the web page you will find a list of support services that may be of help in the days and weeks ahead.

We have been working with the HSE, NEPS and TUSLA and the advice from all is that normal routine and structure is what is most important. We will be monitoring students carefully and supporting those who need it while encouraging normal routine and structures.

If parents have concerns and are seeking advice there are contact details for many support agencies on the web page and feel free to reach out to us and we will work closely with your son/daughter. At times like these the most important support for young people comes from the adults in their lives – their parents/guardians, the school community and the community at large.

Thanks as always for your support.

Kind regards

HELEN CADOGAN
PRINCIPAL