



High School

Home Connection

Grief and Loss

Dear _____,

I'm writing to share that your student has been learning about the experience of grief in class. They explored how grief can vary greatly from person to person and that there is no "right way" to grieve. We discussed both healthy and unhealthy ways to manage grief, emphasizing the importance of strategies that help move toward acceptance rather than self-destructive behaviors.

We also learned about the recommendations of grief expert David Kessler, who suggests finding meaning in the experience, giving oneself time to heal, and being optimistic about the future. To help process these feelings, students spent time writing about their own experiences with grief, which research has shown to be a helpful activity.

Please discuss this question with your student: Can you share a time when you experienced loss and how you dealt with it? This will help reinforce their learning and provide an opportunity for you to support them in understanding and managing their emotions.

Please do not hesitate to reach out with any questions or concerns.

Best,
