



Bereavement Notice

Emiliia Hensitska

Second Year Student Castleknock Community College

It is with great sadness that I share the news of the death of Emiliia Hensitska a Second-Year student from our College. Emiliia passed away peacefully on Wednesday 25th September. May she rest in peace and may her memory be a blessing.

Our thoughts and prayers are with her Mum, Larysa and her extended family and friends. We shared the news with all our students on Thursday and have put our support plan in place.

Her teachers described her as a kind-hearted and gentle student who truly honoured the core values of our College in the short time she was with us. She was a wonderful ambassador for Castleknock Community College and in time we will honour her memory.

Her family and friends described her as a teenager “who lived life to the fullest. Her infectious smile, immeasurable energy and zest for fun will remain in our memories”.

On Sunday the 29th September we invite parents and students to pay a visit to the Meditation Room at the College to sign a book of condolences for Emiliia. The Medication Room will be open to family and friends of the College from 12.00p.m. until 3.00p.m.

Emiliia’s funeral will take place on Monday 30th September at 11.00a.m. at the Church of St. Mochta, Porterstown.

All Second-Year students have been invited to participate in a guard of honour on the day.

The College’s critical incident team have been working with students, staff and parents in recent days and have attached some resources that parents may wish to read to support their daughter/son at this difficult time.(See below).

The College will remain open on Monday for all students and the College will pause as a community at 11.00a.am. to pay its respects to Emiliia.

May Emiliia rest in peace, may her memory be a blessing agus ar dheis Dé go raibh a hanam dílis.

John Cronin
Principal

HOW TO COPE WHEN SOMETHING TERRIBLE HAPPENS

Hand-out for Students

- Reach out- people do care.
- Talk to your friends, family, and teachers- talking is the most healing medicine.
- Remember you are normal and having normal reactions- don't label yourself as crazy or mad.
- It is ok to cry.
- It is ok to smile.
- If your feelings and reactions seem different to those of your friends, remember everyone reacts differently.
- When the stress levels are high there is a temptation to try to numb the feelings with alcohol and drugs. This complicates the problems, rather than relieving them.
- Some people find that writing or drawing is helpful. What about writing a letter or note to the family of the person who died or the person themselves?
- Spend time with people that have made a positive influence on you.
- Make as many daily decisions as possible. This will give you a feeling of control over your life, e.g. if someone asks you what you want to eat- answer them, even though you aren't sure.
- Recurring thoughts, dreams or flashbacks are normal.
- Make a special effort to take care of yourself during this time. Try to get some extra sleep, eat nutritious foods and get some exercise, even if it is just a walk.
- Sticking to your "normal" routine helps. Structure your time- keep busy.
- Take time out- go for a walk or kick a football.
- Provide some balance to the negative things that have gone on by doing something special or fun for yourself. Think about something that makes you feel good. Then make it happen- like going to the cinema, listening to music, calling a friend, etc. Laughter is good medicine. Watch a funny movie or play a silly game with younger children to lighten your spirits.

Above all, realise that what you are experiencing is normal following a traumatic event. Be understanding of yourself and others.

FREQUENTLY ASKED QUESTIONS

The following is a summary of questions frequently asked by parents after a critical incident.

Q. This incident has upset my daughter/son. As there are many rumours circulating, I would like to know what really happened. How can I find that information?

A. The school will inform students and parents of the core details of the incident insofar as they are known. It sometimes takes time for the true facts to emerge. In the meantime, it is important to stick to the facts as known. Discourage rumour or gossip as it is often incorrect and can be distressing for the family and friends of those involved.

Q. Will help be available to the students in the school?

A. This will depend on the particular situation. The school will usually put a plan in place for supporting students. This support may include classroom discussion, small group discussion or individual support for students who need it. This support may be offered by school staff themselves, or by other staff of other agencies. If there is a particular concern about your son or daughter, you will be informed.

Q. How can I help my child?

A. You are the natural support for your child. He/she may want to discuss their feelings and thoughts with you. You can help by listening carefully. You should tell them it is ok to feel the way they do, that people react in many different ways and they should talk rather than bottle things up.

Q. How long will the grief last?

A. There is no quick answer to this. It varies from individual to individual and according to circumstances. It will also be affected by the closeness of the child to the event or to person who died. Memories or other bereavements may also be brought up by the incident. Be patient and understanding. It can take time.

Q. Since the incident occurred my child has difficulty in sleeping, complains of headaches etc. Can I be sure these are related to the incident?

A. Grief can affect one physically as well as emotionally and these and other symptoms may be part of a grief reaction. If they persist, consult a doctor for a check-up.

Q. If my child remains very upset what should I do?

A. If your child remains distressed after a period of six weeks or so, he/she may need additional support, but there is no fixed rule about the length of the grieving process. If you are very concerned at any point, it is best to seek more help through your GP/Child and Family Centre/CAMHS .

Q. In what ways are adolescents different from other children?

A. During adolescence there are a lot of changes going on for young people and some may feel confused about themselves and the world around them. Grief tends to heighten those feelings and increase the confusion. At this time, too, the individual may look more to friends than to family for support and comfort. Don't feel rejected by this. Just be available to listen when they need to talk and make sure they know you are there for them when they need you.