

July 30, 2019

Dear Students, Parents and Employees,

Please know that as we support one another through these difficult days, school counselors, psychologists and principals will remain at Dansville High School throughout the remaining weeks of summer. We will also attend all services and remembrance ceremonies that are open to the public to support our kids, families and employees.

As we work through the grieving process, we want to be sure that we have identified all students who need support. Many of them will be attending services from Wednesday through Saturday. Some will need additional support and we ask that you tell us if you observe any students who need help.

As noted in the attached Wellness Tips, students may experience a variety of feelings or emotions that may seem worrying but are actually typical reactions. If your child is exhibiting behaviors or emotions that are not within these typical reactions, please contact a member of our school staff. You may tell us in person, leave a message, send an email or submit a "student concern form" on our website. We will follow up with each referred student and their parents.

The pages that follow include:

1. List of counselors, psychologists and administrators with contact information
2. Service and remembrance schedule
3. Tips - 12 Ways to Help with Grief & Loss, Finding the Right Words and Expressions to Avoid from The Consortium on Trauma, Illness and Grief in Schools (TIG)
4. Grief: Coping with Loss (TIG)
5. Wellness Tips: Developmental Ages & Possible Reactions to Death (TIG)

On behalf of our crisis response team, thank you for your strength and encouragement.

Sincerely,



Paul J. Alioto

DR. PAUL J. ALIOTO  
Superintendent

284 Main Street  
Dansville, NY 14437  
Phone: (585) 335-4000  
Fax: (585) 335-4002

ROGER K. PARULSKI  
School Business Official



## Remembrances and Services

### **Justin Carpenter**

The community is invited to call from 4-7 on Friday August 2, 2019 at the Foursquare Church, 49 West Ave. in Dansville. Funeral services will be held at 7:00pm. A private graveside service will be held at the convenience of the family.

<https://bairdfuneralhomes.com/tribute/details/1305/Justin-Carpenter/obituary.html#tribute-start>

### **Rebecca ("Becca") Earner**

Friends may call Wednesday, July 31, 2019 from 4 to 7 pm at the Foursquare Church, 49 West Ave., Dansville. A service will be private for the family. Celebration of Life for Becca on Thursday at Union Hose 11:30AM.

<https://hindlefuneralhome.com/tribute/details/815/Rebecca-Earner/obituary.html#tribute-start>

### **Ambra Eddleton**

Friends and family may call 1-4 pm, Saturday, August 3, 2019 at the Dansville Foursquare Church, 49 West Ave. A private family service will be held at the convenience of the family.

<https://bairdfuneralhomes.com/tribute/details/1306/Ambra-Eddleton/obituary.html#tribute-start>

### **Kyrstin Wolfanger**

Friends may call from 4-7 pm Thursday, August 1, 2019 at the FourSquare Church, 49 West Ave., Dansville. Funeral services and burial will be private and held at the convenience of the family. Celebration of Life for Kyrstin on Friday at Jackson Hose 1:00PM.

<https://bairdfuneralhomes.com/tribute/details/1304/Kyrstin-Wolfanger/obituary.html#tribute-start>

### **Community Prayer Service:**

Wednesday, July 31, 7:30 PM at the Dansville Prebyterian Church, 3 School Street, Dansville, NY 14437

GoFundMe pages have been set up to defray funeral costs for the families.

### Crisis Intervention Team Members

If you contact any members of the Crisis Intervention Team and you do not get a timely response, call the High School Main Office at 585.335.4010 extension 5.

In an emergency contact **911** immediately.

Tom Frazier, DHS Principal  
585.335.4010 x1001 [fraziert@dansvillecsd.org](mailto:fraziert@dansvillecsd.org)

Dave Moodie, HS Assistant Principal, 10-12  
585.335.4010 x1172 [moodied@dansvillecsd.org](mailto:moodied@dansvillecsd.org)

Danielle Edmunds, HS Assistant Principal, 7-9  
585.335.4010 x1000 [edmundsd@dansvillecsd.org](mailto:edmundsd@dansvillecsd.org)

Megan Alger, School Psychologist  
585.335.4040 x2130 [algerm@dansvillecsd.org](mailto:algerm@dansvillecsd.org)

Lisa Allen, EBH Principal  
585.335.4030 x3000 [allenl@dansvillecsd.org](mailto:allenl@dansvillecsd.org)

Julie Drollette, HS School Counselor  
585.335.4010 x1149 [drollettej@dansvillecsd.org](mailto:drollettej@dansvillecsd.org)

Brad Ervin, School Psychologist  
585.335.4010 x1404 [ervinb@dansvillecsd.org](mailto:ervinb@dansvillecsd.org)

John Handel, Prevention Counselor  
585.335.4010 x1410 [handelj@dansvillecsd.org](mailto:handelj@dansvillecsd.org)

Erik Kastner, HS School Counselor  
585.335.4010 x1006 [kastnere@dansvillecsd.org](mailto:kastnere@dansvillecsd.org)

Cheryl Keller, HS School Counselor  
585.335.4010 x1008 [kellerc@dansvillecsd.org](mailto:kellerc@dansvillecsd.org)

Zach Matzek, HS School Counselor  
585.335.4010 x1007 [matzekz@dansvillecsd.org](mailto:matzekz@dansvillecsd.org)

Jayden Wolcott, HS School Counselor  
585.335.4010 x1008 [wolcottj@dansvillecsd.org](mailto:wolcottj@dansvillecsd.org)

### **Grief & Loss: Twelve Ways to Help**

1. Offer opportunities to talk about death and loss as they experience it in everyday life.
2. Include youth in rituals whenever possible and appropriate.
3. Share your expressions of sadness and pain.
4. Be available to listen.
5. Pay attention to a youth's behavior and let them know when you notice a change.
6. Answer all questions about death and loss as honestly as possible.
7. Be willing to wonder and explore answers to their questions.
8. Face your own feelings of grief.
9. Do not isolate or insulate young people from grief. Remember grief is normal.
10. Continue to expect a young person to function. Be firm, yet gentle and kind.
11. Find help for youth who need it. Refer to support groups or counseling as needed.
12. Continue to be available over time.

Remember grief will be revisited throughout their lives. Reach out and continue to care, just as you are now!

Adapted from Laura Bray Harting, CSW (1995), *The Center of Living with Loss*



### Finding the Right Words:

- I am sorry for your pain.
- I am sorry about \_\_\_\_\_'s death, and I'd like to help in any way I can.
- I am here for you whenever you need me.
- I can't know how you feel, but I want to help you in any way I can.

### Expressions to Avoid:

I understand/know how you feel.

Move on - get over it.

You must be over it by now.

You're doing such a wonderful job!

It could be worse, you still have \_\_\_\_\_

You'll be strong because of this.

It was G-d's will.

\_\_\_\_\_ is in a better place.

## What is Grief?



**Grief** is a normal emotional response to loss. Whether one has lost a family member, friend or even a pet, our natural human response is one of grief and

sadness. Our experience of grief will be affected by the whether the death was sudden or unexpected, the cause of the death, and our relationship to the person who died. Each person's expression of grief is unique and there is no "right or wrong" way to grieve.

### Children and Grief

"If one is old enough to love, one is old enough to grieve."  
- Alan D. Wolfelt

Just as adults grieve, so do children. A child's grief experience will be based on their development and personality.

### Common Symptoms of Grief

**Physical:** Chest pains, stomach pains, headaches, & nausea are common. You may feel fatigue or have difficulty sleeping. Concentrating may not be easy & you might feel restless.

**Emotional:** Feelings of sadness, anger, guilt, anxiety, loneliness, relief, irritability and numbness are all normal. Strong feelings may come suddenly, without warning.

**Social:** During times of grief some people withdraw and lack interest to engage with others. Others become more dependent and do not want to be alone. You may also be more sensitive and experience stress in relationships.

**Spiritual:** Especially when a death was sudden or traumatic, it is not uncommon to question spiritual values or even lose faith. Some people also experience anger with or feel betrayal by God or their Spiritual Force.

### Coping with Grief

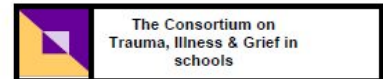
- Grieve at your own pace. Be patient with yourself
- Ask for and accept help when needed
- Spend time with people who provide you with support
- Eat, sleep and exercise regularly
- Do something that you enjoy
- Keep to a routine
- Journal
- If you follow a religious tradition, engage in mourning rituals and/or prayer

### Common Feelings, Thoughts & Behaviors of a Grieving Child

- Crying at unexpected times
- Physical complaints – stomach-aches, headaches, fatigue
- Retelling events of the deceased's death & funeral
- Difficulty concentrating at school
- Needing to be near an adult all the time
- Worrying about safety, other people getting sick or dying
- Being angry at everybody and everything
- Not talking about the deceased or loss at all

### Needs of a Grieving Child

- To be allowed to grieve
- To have their loss acknowledged
- Normalization of grief
- Accurate information
- Careful listening
- Help with overwhelming feelings
- Continued routine activities
- Opportunities to remember



For more information, please contact  
Samantha S. Colson  
Phone: 585-753-2877



## Wellness Tips

### Developmental Ages and Possible Reactions to Death

AGE	THINK	FEEL	Do
3-5 years (preschool)	<ul style="list-style-type: none"> <li>• Death is temporary and reversible</li> <li>• Finality of death is not evident</li> <li>• Death mixed up with trips, sleep</li> <li>• May wonder what deceased is doing</li> </ul>	<ul style="list-style-type: none"> <li>• Sad</li> <li>• Anxious</li> <li>• Withdrawn</li> <li>• Confused about changes</li> <li>• Angry</li> <li>• Scared</li> <li>• Cranky (feelings are acted out in play)</li> </ul>	<ul style="list-style-type: none"> <li>• Cry</li> <li>• Fight</li> <li>• Are interested in dead things</li> <li>• Act as if death never happened</li> </ul>
6-9 years	<ul style="list-style-type: none"> <li>• About the finality of death</li> <li>• About biological process of death</li> <li>• Death is related to mutilation</li> <li>• A spirit gets you when you die</li> <li>• About who will care for them if a parent dies</li> <li>• Their actions and words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>• Sad</li> <li>• Anxious</li> <li>• Withdrawn</li> <li>• Confused about changes</li> <li>• Angry</li> <li>• Scared</li> <li>• Cranky (feelings are acted out in play)</li> </ul>	<ul style="list-style-type: none"> <li>• Behave aggressively</li> <li>• Behave withdrawn</li> <li>• Experience nightmares</li> <li>• Act as if death never happened</li> <li>• Lack concentration</li> <li>• Have a decline in grades</li> </ul>
9-12 years	<ul style="list-style-type: none"> <li>• About and understand the finality of death</li> <li>• Death is hard to talk about</li> <li>• That death may happen again, and feel anxious</li> <li>• About death with jocularly</li> <li>• About what will happen if their parent(s) die</li> <li>• Their actions and words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>• Vulnerable</li> <li>• Anxious</li> <li>• Scared</li> <li>• Lonely</li> <li>• Confused</li> <li>• Angry</li> <li>• Sad</li> <li>• Abandoned</li> <li>• Guilty</li> <li>• Fearful</li> <li>• Worried</li> <li>• Isolated</li> </ul>	<ul style="list-style-type: none"> <li>• Behave aggressively</li> <li>• Behave withdrawn</li> <li>• Talk about the Physical aspects of death</li> <li>• Act like it never happened, not show feelings</li> <li>• Experience Nightmares</li> <li>• Lack concentration</li> <li>• Have a decline in grades</li> </ul>
12 years and up (teenagers)	<ul style="list-style-type: none"> <li>• About and understand the finality of death</li> <li>• If they show their feelings they will be weak</li> <li>• They need to be in control of their feelings</li> <li>• About death with jocularly</li> <li>• Only about life before and after death</li> <li>• Their actions and words caused the death</li> </ul>	<ul style="list-style-type: none"> <li>• Vulnerable</li> <li>• Anxious</li> <li>• Scared</li> <li>• Lonely</li> <li>• Confused</li> <li>• Angry</li> <li>• Sad</li> <li>• Abandoned</li> <li>• Guilty</li> <li>• Fearful</li> <li>• Worried</li> <li>• Isolated</li> </ul>	<ul style="list-style-type: none"> <li>• Behave Impulsively</li> <li>• Argue, scream, fight</li> <li>• Allow themselves to be in dangerous situations</li> <li>• Grieve for what might have been</li> <li>• Experience Nightmares</li> <li>• Act like it never happened</li> <li>• Lack concentration</li> <li>• Have a decline in grades</li> </ul>

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