



Sir John A. Macdonald High School

31 Scholars Road, Upper Tantallon, NS B3Z 0C3

June 30, 2021

Hello SJA Students and Families:

It is with great sympathy that we pass along the sad news that our school lost one of our grade 10 students, Jamie Holden, on June 8th. While only a part of the Flames family since September, Jamie's passing has left an immeasurable hole in our student body.

With permission of his family, we pass along the following link, which is a celebration of Jamie and the life he lived. We encourage all of our students and families to take some time to view Jamie's site by clicking [HERE](#).

Students who are grieving or need supports are encouraged to reach out by way of any of the following attached resources and support below:

From the IWK:

When a child asks questions about the death, you may naturally tend to begin talking and stop listening, in an attempt to protect them from the pain. However, the most important thing you can do to help your child or teen in their grief is to listen to them and encourage them to talk about what has happened. You cannot undo the death or to take away the pain, but what you can do is let them know that you know they are grieving and honour their grief by allowing them to have it. (Source: Griefworks BC.)

Children and teen's grief often differs from adult grief. Children's expression of grief differs depending on age and developmental stage. It is important to acknowledge this when a death has occurred so children and teens are properly supported in their grief. Bereavement services at the IWK Health Centre include resources for both teens and children. For more information on child and teen grief support resources and services in your community, please contact the IWK Bereavement Coordinator at [902.470.8942](tel:902.470.8942) (<https://www.iwk.nshealth.ca/services#/content/grief-and-bereavement-support>) The IWK can also connect with other resources if needed.

Articles from Kids Help Phone:

<https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>

<https://kidshelpphone.ca/get-info/how-help-friend-dealing-grief/>

<https://kidshelpphone.ca/get-info/living-loss-ways-help-you-grieve-death/>

<https://kidshelpphone.ca/get-info/grief-and-loss-what-expect-funeral/>

<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-a-young-person-through-grief-and-loss/>

KidsHelpPhone.ca

1-800-668-6868

Text CONNECT at 686868

We also have a **social worker** who is attached to our school and who can be reached:

-Karrie Rayne who works throughout the summer. She can be reached at karrie.rayne@cdha.nshealth.ca or 902-869-6131.



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One more contact with the school is **Sherry Batiste** who is our SchoolsPlus liaison. She is there to help parents/guardians to find resources and support. She can be contacted at: 902-471-2445 or sherry.battiste@hrce.ca
Schools Plus Website: <https://www.ednet.ns.ca/schoolsplus/>



Regards,

SJA Administration