

Lorne Park Secondary School is dedicated to fostering academic and personal excellence, pride and spirit in a dynamic and supportive environment.

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LORNE PARK SECONDARY SCHOOL

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October 14, 2020

Dear Lorne Park Secondary School Families,

It is with great sadness that I write this letter to inform you of the death of one of our students, Jag Brar, a Grade 12 student who died in a car accident last weekend.

We are all saddened by this news, and recognize the impact it will have on Jag's family and our school community. Jag came to our school in September 2020 and quickly made connections with staff and peers with his warm and energetic personality. Jag's death is deeply felt throughout the school. Even students who did not personally know him may be affected by this loss.

If your teen is dealing with feelings of grief here are some ways that you can support them.

- Acknowledge the loss and the emotional upset.
- Be available to your teen. If you don't know the right thing to say, just listen. Acknowledge that we don't always have answers to why these things happen.
- Provide a reassuring environment in which your teen feels comfortable expressing his or her thoughts and feelings.
- Encourage your teen to experience the loss in the way that's most comfortable for them. Some teens are open about their feelings, while others prefer not to talk about them or may only want to talk to their peers.
- Share an experience you might have had with bereavement and what helped you cope.
- Encourage your teen follows normal routines as much as possible.
- Acknowledge that there's no time limit on grief.
- Remember the importance of self-care both for yourself and your teen.

Be aware of signs that your teen may need additional support to deal with this loss. Warning signs include: prolonged physical/psychological distress, lack of appetite, sudden weight gain, disturbed sleep, persistent aches and pains, continued panic, anxious and persistent sad feelings, loss of interest in relationships, becoming agitated and decline in school performance.

Please know that supports are available for students and families if you need them. It's important that we take care of ourselves and each other, as best we can, during times like this. You can also access support through the following community resources:

- Peel Children's Centre Crisis Response Line – 7 days a week – 416-410-8615 – WhereToStart.ca
- Kids Help Phone – 7 days a week – 1-800-668-6868 or by texting CONNECT to 686868
- Canadian Mental Health Association Crisis Support (for those 16 and older) – 905-278-9036 – 1-888-811-2222
- Tangerine Counselling: www.tangerinewalkin.com
- Distress Centre Peel: 905-278-7208
- Bereaved Families of Halton/Peel: www.bereavedfamilies.ca
- The Lighthouse For Grieving Children: www.grievingchildrenlighthouse.org

Our thoughts are with Jag's family, friends and loved ones. Our flag will be lowered to half-staff to honour Jag's memory.

Please take care of yourselves and each other.

Thank you, as always, for your support.

Sincerely,

Craig Caslick
Principal