

# Middle School Guidance



## The Five Stages of Grief

January 2016

Volume 13, Issue 6

With the start of the new year, many changes have occurred in my personal life - the unexpected passing of my father. This is a very difficult time for me personally, as well for my family. My dad was a great man. Like so many, he too, had his faults, but that did not stop him from living his life. My dad would have rather provided for his family and others before himself. I learned so many heart-warming things about my dad that he did not talk about. My dad touched many lives within the community, which was very evident at his funeral service. I miss you, dad! I love you, dad!

As I struggle with my personal emotions with the passing of my beloved father, I felt compelled to write this newsletter focusing on the five stages of grief. The five stages are denial, anger, bargaining, depression and acceptance. Denial - in this stage, the world becomes meaningless

and overwhelming. Life makes no sense. We are in a state of shock and denial. Anger - this is a necessary stage of the healing process. In this stage, individuals are mad at everyone for the loss of the loved one. Bargaining - during this stage, individuals are willing to do anything to bring the person back to life. Depression - during this stage, one experiences

empty feelings about life in general. Acceptance happens when we accept the reality that our loved one is physically gone, and it is a permanent reality.

### Quote of the month

"The obvious is not obvious to the oblivious." - Gordon Chiesa

### Points of Interest:

- ✓ - Absent from school? Check out the teacher-lesson plans by logging into PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: [www.bbsd.com/Page/16088](http://www.bbsd.com/Page/16088)



Contact Mr. Smith

Phone # 267-6931

E-mail - [msmith@bbsd.com](mailto:msmith@bbsd.com)

Webpage - [www.bbsd.com/msmith](http://www.bbsd.com/msmith)

## Important Upcoming Events

The following are a listing of important dates to remember:

**January 1, 2016** - Happy New Year!

**January 18, 2016** - ACT 80 Day! No School for students.

**January 20, 2016** - End of the second nine-week grading period.

**January 30, 2016** - Happy Birthday Dad! I love you!

**February 2, 2016** - Groundhog Day.

**February 14, 2016** - Happy Valentine's Day.

**February 24, 2016** - Middle of the third nine week grading period.

