



SeeSaw

Grief Support

Schools

Fundraising Pack



Your school can help ensure no child has to face grief alone.

Schools play a powerful role in building compassionate communities.

When pupils fundraise for SeeSaw Grief Support, they are doing more than raising money; they are helping other children and young people receive vital support at a time when they need it most.

It is truly children supporting children.

Fundraising not only empowers young people to make a meaningful difference for their important causes, but also helps schools meet learning goals in the curriculum.

Fundraising at school is an opportunity for pupils to develop empathy, teamwork, leadership skills, and a deeper understanding of how communities support one another.

This pack includes:

- About SeeSaw Grief Support
- Fundraising at School
- Ideas to get started
- Your impact
- Fundraising resources and support



About SeeSaw Grief Support

SeeSaw Grief Support is a small charity based in Oxfordshire providing grief support to children, young people, and their families when a close family member is dying or has died. SeeSaw has over 25 years' experience in providing grief support to children and young people across Oxfordshire to help reduce the emotional, psychological and mental health consequences of bereavement. This vital service is free and relies entirely on donations. Our mission is to ensure high quality grief support is accessible to all children, young people and families in Oxfordshire, if and when they need it.

We believe no young person should face grief alone.

“Just because it’s hard to talk about, doesn’t mean it’s not worth talking about”

“I think about my mum every single day without fail, but I think about her in terms of who she was opposed to how sad I am that she’s not around.”

“SeeSaw have been a source of advice and support for staff... the word I would use is transformational”

Why Our Work Matters

- In the UK, around 1 child in every classroom is bereaved of a parent, carer, or sibling before the age of 16
- Around 350 school-aged children are bereaved each year in Oxfordshire
- The death of a parent or sibling is considered an Adverse Childhood Experience - research shows that one third of bereaved children are at risk of emotional and behavioural difficulties within two years.

SeeSaw strongly believes that grief is a natural reaction and that, with the right support from those around them, most children do well. Children do better when their grief is acknowledged, when they have age-appropriate information, when they can ask questions, when they can talk about how they feel when they want to, when their feelings are validated, and they can talk about and remember the person who died. Work that focuses on supporting families, schools, and professionals to do this work together mitigates against longer term adverse impacts, by building resilience, communication strategies and coping behaviours.

How SeeSaw Helps

- Over **25 years'** experience in providing grief support
- Last year, **462 children and young people, and 323 families** received support; more than **8,000** children and young people have received support to date
- Services include 1-1 support, telephone calls, home visits, online videos, and booklets
- Over **80%** of schools in Oxfordshire have received training, resources and support
- **"Making Sense of My Grief"** small group intervention sessions available following the death of a friend or peer



Fundraising at School

Curriculum Links

Students learn to:

- Develop kindness and empathy
- Build positive relationships
- Understand how helping others makes a difference
- Recognise the role and impact of charities in the community
- Take part in active citizenship and social action
- Develop leadership and organisational skills
- Engage in volunteering opportunities

Fundraising Ideas

- **Fundraising days** - easy to organise and popular with students, such as non-uniform or dress-up days, kindness days, bring-a-teddy days, bike-to-school days, book days, and seasonal events like Christmas jumper or Halloween days
- **Active and sponsored events** - encourage participation and wellbeing, including mini sponsored walks, fun runs, danceathons, sponsored silence or singing, cycling challenges, or learning a new skill for sponsorship
- **Sales and stalls** - ideal for parents and the wider school community, such as bake sales, craft or artwork sales, plant or fruit sales, and refreshments a lunchtime
- **Challenges and competitions** - add excitement, including £5 enterprise challenges, tutor group quizzes, teacher challenges, or student-versus-teacher sports matches
- **Larger events** - Christmas or summer fairs, film screenings (with appropriate licences), or sports tournaments
- **Raise awareness** - by presenting to peers, creating videos, animations, or digital content about the cause they are supporting

Your Impact

Between 2024-2025:

Schools raised: **£7,432**

462 children and young people from

323 families benefitted from our service



100%

reported their
grief support as
being very helpful

"I saw a difference in my boy's
behaviour and emotional
regulation after the session -
he was calmer and less angry
and volatile."



"Our school community is incredibly proud to support a local charity, SeeSaw. From our recent T-shirt designing event to our student-led Suitcase Toy Sales, the energy has been inspiring. We know that the right support at the right time can change a young person's life, and we hope our fundraising helps ensure that no child has to navigate the journey of grief alone."



What donations can buy:

£450

funds a training session
for school staff

£830

average bereavement
support costs for one child

£2k-4k

cost of writing, designing,
and printing new grief
support resources

Supporting You

Assemblies or class talks

Please contact the fundraising team if you'd be interested in holding an assembly about SeeSaw Grief Support. Using age-appropriate information we can talk about our service, why it matters, how you can get involved, and the difference schools can make through fundraising to support bereaved children and young people across Oxfordshire.

Resources and Support

Fundraising resources are available e.g. SeeSaw bunting template, presentations and SeeSaw stars. Based on your fundraising needs, schools may also receive branded materials, donation buckets, and ongoing support from the SeeSaw fundraising team.

Talk to us

If you need anything, please get in touch. We're here to help.

Jo Hunt - Fundraising Officer



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SeeSaw

Grief Support

Reg. Charity no. 1076321



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