



BULLITT CENTRAL HIGH SCHOOL

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August 28, 2023

Dear Bullitt Central Families,

One of our Bullitt Central students Luci Krueger has passed away. She was a wonderful student who was loved by so many and we will miss her greatly.

A tragic loss like this can impact us in many ways. We might be grieving someone we knew and cared for, feeling sympathy for the family and loved ones, or being reminded of losses we have experienced. We encourage you to talk with your child. How we, as adults, manage ourselves serves as an important model for helping kids handle tragedies like this. It is important that they know they are loved and supported as they talk about their feelings.

You may want to consider the following when talking with your child:

- Tell the truth (avoid euphemisms). Explain the situation.
- Allow for your child to talk about feelings. If this is the first loss your child has experienced, your child may not know how to respond and will be looking to you for guidance.
- Affirm all expressions. It's okay to express feelings honestly. Tolerate the expression rather than dismissing them or discouraging the expression of feelings.
- Encourage written expressions such as notes, letters, pictures to the family etc.
- Reaffirm that your child is safe and that your child is loved.
- Affirm that your child's reaction is normal and you understand the way the child feels.
- Watch for signs of trouble such as aggression, withdrawal, staring blankly, abnormal behaviors for your child, hiding or clinging excessively, being unresponsive or numb, etc.
- Help the children return to as normal a routine as possible.
- You may find the following websites useful: www.grievingstudents.org, www.nasp.org

We will have a support team at school to provide emotional support for our students this week and for weeks to come if needed in group settings or individually. If you have any special concerns or would like additional support for your child, please call us at 502-869-6000 or use the additional information below. Grief can appear differently for us all, depending on our age, experience with loss and relationships. Whatever you are experiencing, we want you to know that you are not alone and that support is available on campus and in our community. If you or someone you know needs help we are including where you can find support below:
In our community.

Bullitt County Schools partnered with Care Solace to support our community's mental health. If you or a family member are looking for help with your mental health or substance use, you can use Care Solace to anonymously find community therapists or treatment programs matched to your needs regardless of circumstances. Care Solace is a complimentary and confidential service provided to students, staff, and their families by Bullitt County Schools.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language.
- Visit www.caresolace.com/bullitt and either search on your own, OR click "Book Appointment" for assistance by video chat, email, or phone.

In an emergency:

- Call 911 or and request a Crisis Intervention Trained (C.I.T.) response
- Go to the closest emergency room for support
- Text "Hello" or "Home" to 741741 to connect with support
- Trevor Lifeline LGBTQ+ Crisis Support: 1-866-488-7386
- Call the National Suicide Prevention Lifeline at 988
 - Online chat: suicidepreventionlifeline.org

Our deepest sympathies go to the family. We care deeply for all involved.

Sincerely,

Bullitt Central Family