



St Nicolas and St Mary Church of England Voluntary Aided Primary School

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Dear Parents/Carers

Supporting Children in Understanding the Situation in Ukraine

The current situation in Ukraine is extremely distressing for us all and although we are geographically far away from the events, many in our schools and communities will be directly affected and may have families or roots in the region. Even for those who do not have a direct link, the daily news is extremely upsetting and worrying and we are aware that children may be listening in to news broadcasts, adult conversations on the topic or viewing images or footage which could make them frightened and fearful. They may also be accessing videos on social media platforms like TikTok, which are explicit about the horrific implications of a World War with nuclear weapons.

In order to support families during these difficult times, we have put together some background reading resources to help parents and carers think about how they can support children with what they are seeing or feeling.

Current information regarding Ukraine

Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet)
<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro)
<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>

Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation (Department for Education)
<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>

For an information sheet from First News, the children's newspaper which we use in school, which has some useful advice on 'How to talk to children when the news is scary,' please visit:
https://f.hubspotusercontent20.net/hubfs/6779821/NewsPaper%20Extracts%20and%20Free%20Samples/Talking%20to%20children%20when%20news%20is%20scary.pdf?utm_medium=email&_hsmi=205313208&_hsenc=p2ANqtz-8R_etRQ9AiCGapsHJmPz6bDsGnpShUsdWjvPakyi-fNqdnx1lf-ZRNlbp7WiVgKVRsFA5Awc8Rfw4RXFFtXQ1-g0HMWg&utm_content=205313208&utm_source=hs_email

Newsround, from the BBC's CBBC channel, has lots of videos and reports about the war in Ukraine that have been produced for children. There is also a section containing tips for children who are feeling sad or upset about something they have seen, heard or read.

[Newsround videos and reports – scroll down for a section on the war in Ukraine](#)

[Advice for children feeling upset by the news](#)

Place2Be's educational psychologists have also shared advice about how to discuss war and conflict with children and young people – and how you can best support them at this difficult and worrying time. Read their advice here

Fundraising for the Red Cross

In order to support those who need it most, both in Ukraine and bordering countries which have taken in refugees, we would like to invite you to make a voluntary donation to the Red Cross on Friday, when we will be celebrating our World Book Day. You can find out more about their Ukraine Crisis Appeal using the link below:

<https://www.redcross.org.uk/stories/disasters-and-emergencies/world/ukraine-red-cross-response-in-europe>

The Dream Team will also be organising a Red Cross charity sale in the next few weeks, and we will be in touch with more information soon.

Our thoughts and prayers are with all those who are affected by this tragic war and for the many who are working tirelessly to provide aid. Next week, in our worship, our assemblies and prayers will be linked to this, as we explore our Christian Value, Compassion further.

Many thanks in advance for any contributions you are able to make.

Best wishes

Dr Victoria Bishop
Assistant Headteacher

Kind regards