

Dear Families,

I thought that it would be helpful to share the following links with you about talking to children about current events that are happening in Ukraine. Whilst younger children may be unaware of what is happening they may still see hear or pick up on the news that is all around us. The news and social media feeds are filled with the latest information, and some of it is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful. Other parents may choose to talk more openly with their children and I thought that the following articles are particularly useful for advice regarding this. I am also sharing these links with staff so that we can all be aware of how to most effectively support our pupil's emotional well-being if questions are asked.

I am also mindful that we have families who may be directly affected by the current situation, for example having family living in the regions involved. I would urge you to speak to our team if we can be of any assistance in term of further support for your child.

As always at Georgian Gardens we want to support children to have the opportunity to talk openly and ask questions if they need to. We all know that the impact of children internalising worries can be very distressing to them.

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/>

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/>

Kind Regards

Miss Bowers

Headteacher