

Churchside Federation

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Tuesday 1st March 2022

Ukraine and Russia.

Dear Parents/Carers,

We have had many parents contact us about the current distressing situation in Ukraine and the impact it is having on some children, making them incredibly anxious. News and social media feeds are filled with the latest information about the situation in Ukraine. Most of it is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful. It is a very uncertain time for us all but the most important thing to do is talk about it. Even if children are shielded from it they will undoubtedly hear and see things online, from their friends, on the news and on the radio. It is important to give the children the facts, allow them to express their concerns and address misconceptions. Over this week we will be looking at the situation and will help children to navigate their thoughts and feelings on what is happening. Of course this will be done in a very age appropriate and sensitively handled.

Obviously children may want to talk about this at home, below I have included some links to resources to help you think about how you can support children with what they are seeing or feeling. There are many more online pages to support you.

- BBC Newsround has an excellent section explaining what is going on <https://www.bbc.co.uk/newsround/60417806>
- 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/>
- We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)
<https://schoolsworld.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>
- 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/>
- How and when to talk to children about war, according to a parenting expert (Independent)
<https://www.independent.co.uk/life-style/children-war-talk-russia-ukraine-b2023695.html>
Tips for parents and caregivers on media coverage of traumatic events (The National Child Traumatic Stress Network, US)
<https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events>

We want to extend our thoughts and prayers to any families in our community with family and friends in Ukraine as well as to the entire population themselves. We can only hope that a peaceful resolution to the conflict will be found soon.

Many Thanks,

A handwritten signature in blue ink, appearing to read 'Mrs Godbold', with a horizontal line extending to the left.

Mrs Godbold