

# South Bersted CE Primary School

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Dear Parents and Carers

## Conflict in Ukraine

As you know, there has been huge media coverage about the war in Ukraine and we are aware that children would have been exposed to this in one way or another. As a school, we have been waiting on guidance around how to approach the subject with children in a way that will not cause additional stress or anxiety for families or children.

Guidance from the Children's Commissioner states that we should not hide from children what is happening in Ukraine, he states that children can, *'find solace in a community that is comprehending and responding to these events.'* Hearing words like 'bombing', 'invasion' and 'World War Three' without a full understanding of what's going on, is worrying for us all, and it doesn't escape our little ones. *'Children are like sponges; they're absorbing everything,'* explains hypnotherapist, psychotherapist and mentor, Tania Taylor. *'Whether it's on the news, someone talking to the shop checkout lady, parents chatting in the playground, or a TikTok video, much of what they are hearing, especially once at school, is out of your control.'*

Therefore, children will be taking part in a P4C/Circle Time activity around the conflict. This will be a factual conversation conducted in an age appropriate way that will give children time to ask questions and reflect in a safe space. Following this, the School Council will be organising a fundraising event to raise money for the Ukraine Appeal (further details to follow).

We are aware that this is a very difficult time and we are here to support in any way we can. Please find overleaf a range of links to support you with dealing with the impact of the conflict and when talking to your child. We also attach a support pack developed by 'The Key' to use as you feel appropriate.

Yours sincerely

Mr Noel Goodwin  
Headteacher

West Sussex County Council



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 is 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/>

How to cope with traumatic news - an illustrated guide (ABC News, Australia):

<https://www.abc.net.au/news/2014-12-23/illustrated-guide-cope-traumatic-news/5985104>

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