



11th March 2022

Dear parents and carers,

I wanted to take this opportunity to congratulate the children on a really successful return to school since our February half term. We've celebrated World Book Day, our Reception classes have visited Warwick Castle and our boys football team won their first ever league game 6-0! Well done all!

Over the last couple of weeks, the situation in Ukraine has very much been on our hearts. Many of our children, particularly those in older year groups, are acutely aware of the crisis as there is a great deal of content in the news and on social media as well as picking up on conversations from adults. Many of our children will have questions; some may have worries and we all share a sense of compassion for those caught up in a terrible situation.

Help for talking to children about this

To help parents, family and care-givers navigate the difficult task of addressing what is going on, Ane Lemche, a psychologist and child counsellor at **Save the Children**, has shared five tips on how to speak to children about war.

1. MAKE TIME AND LISTEN

Give children the space to talk when they want to – even if you're in the middle of something else.

Encourage them to tell you what they know, how they feel and to ask you questions.

2. TAILOR THE CONVERSATION TO THE CHILD

Older children will need more details while younger ones may be satisfied just by understanding that sometimes countries fight.

Be informed, keep calm and answer questions honestly. Begin with simple information – too much detail may overwhelm and cause anxiety.

3. VALIDATE THEIR FEELINGS

Speak to the child about how they feel. It is important that children feel supported in the conversation. They should not feel judged or have their concerns dismissed.

When children have the chance to have an open and honest conversation about things upsetting them, they can feel relieved.

4. REASSURE THEM

Remind them that this is not their problem to solve. Adults all over the world are working hard to fix this.

They shouldn't feel guilty playing, seeing their friends and doing the things that make them feel happy.

5. GIVE THEM A PRACTICAL WAY TO HELP

For example, they could start fundraisers, write letters to local decision-makers or create drawings for peace.

Children who have the opportunity to help can feel like they are part of the solution instead of feeling helpless.

To find out more go to:

<https://www.savethechildren.org.uk/blogs/2022/how-to-talk-to-children-about-war>

For older children, the **Anna Freud Centre** have also developed some useful suggestions with BBC Bitesize for parents and carers. You can find this [here](#).

In school, we have been promoting the idea of peace and reconciliation in our collective worship and inviting prayers for peace in Ukraine and the safety of those who live there.



**We light this candle for
peace...
May its light scatter the
darkness;
may its flame be a
symbol of hope;
may its burning be a
sign of faith joining with
many other lights around
your world, for peace.**



How to find out about the news in a child-friendly way

First News is a child centred news outlet which can be a safe way to gain information and help navigate discussions with children. They have a free-to-access Ukraine Explainer and offer [daily news updates](#). Resources are free for families but you do have to put in your email to access them.

<https://schools.firstnews.co.uk/ukraine/>

One of the top tips for helping children with their response to this is to give them a practical way to help. For this reason, we have decided to support the First News Ukraine Schools appeal in conjunction with the DEC (Disasters and Emergencies Committee) on **Wednesday 16th March**. On this day, all children who wish to may come to school in yellow and blue clothing and we ask that a £1 donation is made to the appeal, in the hope that as a community we can respond to those in desperate need of help. To find out more visit the [appeal page](#).



Comic Relief

Alongside the above, Red Nose Day is back on **Friday 18th March!** This event has raised millions of pounds since 1988 and this year is encouraging us all to raise funds to help eliminate poverty, violence and discrimination. All our children can 'dress down', bring in their red noses and enjoy the day together. We will be asking for a £1 donation and this will be available on ParentPay before Friday.

For more information or to get involved in further challenges, please visit:

<https://www.comicrelief.com/rednoseday>

I appreciate the proximity of these events to each other, so please don't feel under pressure to give, as a school we just want to provide the opportunity for our community to respond to needs where we can as we seek to outwork our mission of communicating love. Thank you for your tremendous support as always.

Yours sincerely,



Mr. A. Taylor
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