



Friday 4th March 2022

Ukraine Conflict

Dear Parents and Carers,

We are very aware that current events in the news can be very difficult for us as adults to see and hear, let alone our children. War can be very difficult for children to understand and can lead to difficult questions being asked about images, stories, and conversations they are exposed to. What is happening in Ukraine can frighten children or make them anxious.

With this in mind, I would like to share with you the following websites and resources, which you and your children might find helpful:

- [The British Psychological Society: Supporting children to manage anxiety over war, conflict and crises](#)
- [Place2Be: Talking to children and young people about war and conflict](#)
- <https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>
- <https://www.bbc.co.uk/newsround/13865002>
- <https://www.bbc.co.uk/newsround/60554258>

Fake news and misinformation online can also affect children's wellbeing and mental health. Please find attached to this letter, 'A keeping safe online toolkit', which has recently been published. I recommend all our parents read this and there are some resources to support you with your child's online activity at home.

Please also remember that the ever-popular TikTok does circulate a lot of fake news which children can easily believe to be true and it is difficult to monitor children's activity on TikTok. If your child is on TikTok, we strongly recommend using the [Family Pairing](#) feature to make it as safe as possible.

As always if you have any further questions or you feel your child requires any more support from our Wellbeing Team, please do get in touch with us via enquiries@grimoldby.lincs.sch.uk or telephone school between 8am and 4pm on 01507 327393.

Next week, we will be working in partnership with the community and Hayley Hodson at Mimi's to raise money for the children of war in Ukraine (more information will follow).

Have a lovely weekend.

Yours faithfully,

Antonia Brooks

Headteacher

"Being the best that we can be..."