



Monday 28th February 2022

Dear Parents,

Re: Conflict in Eastern Europe

As news of Russia's invasion of Ukraine escalates, so do anxieties around the situation. Whilst we are geographically far away from the events, many in our schools and communities will be directly affected and may have families or roots in the region. Therefore, I felt that it was important to write to you all to inform you on how we are managing the situation in school.

We are mindful that there are some children who may be more stressed and anxious in light of the very unsettling events happening in Ukraine. We are reassuring the children that there are people who are trying to help those affected by this war. We are also mindful of the rapidly changing situation and reassuring children as best we can.

Over the coming days and weeks, we are continuing to check in with all children, and all staff are keeping a close eye on our 'Trust Boxes', which are used as a confidential means of communication.

The news and social media feeds are filled with the latest information, and some is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful. As a school we believe it is important for children to keep up to date with current affairs, and one way in which we do this is by watching Newsround. Moving forward, we have made the decision to stop showing [Newsround](#) in school when there are updates relating to the invasion on the Ukraine. We feel that it should be the parents' choice as to whether this content is shared, as all children react differently.

If you feel that you or your child need to talk to a trusted person about your feelings towards this situation, then please come forward and speak to a member of staff at Bowes who you feel comfortable with. We will do all we can to help and support.

Every week, we receive a Safeguarding Update from a Specialist Safeguarding Consultant called Andrew Hall. This week it has been recommended that we share the following websites with parents who would like support on how to manage the situation at home. Please read through these links to ensure they are appropriate for your family.

 <p>Supporting your child if they see upsetting content online about what is happening in Ukraine.</p>	 <p>How to talk to children about what is happening in Ukraine and World War Three anxiety.</p>	 <p>Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation.</p>
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Our thoughts are with everyone in Ukraine, their relatives abroad, and anyone affected by the invasion, or any conflict globally, in any way.

With my best wishes to you and your family,

Effie Demetriou
Headteacher