



# GODSTONE PRIMARY AND NURSERY SCHOOL

Headteacher: Mr Nick Usher BSc (Hons) PGCE M.Ed

IVY MILL LANE  
GODSTONE  
SURREY  
RH9 8NH

Telephone: (01883) 742326

Email: [admin@godstone.surrey.sch.uk](mailto:admin@godstone.surrey.sch.uk)

Website: [www.godstoneschool.co.uk](http://www.godstoneschool.co.uk)

Wednesday 2<sup>nd</sup> March 2022

Dear Parents and Carers,

## Re: Situation in Russia and Ukraine

We are aware that many of the children, particularly in KS2, are aware and concerned about what they are hearing in the news.

If you would like to support your children to understand what is happening, you may find CBBC's Newsround helpful: [Home - CBBC Newsround](#). We will not be showing Newsround clips in school, as we are aware that, for some children, this may not be helpful. There is also a video on managing worries, which you can access here: [Advice if you're upset by the news - CBBC Newsround](#).

We are aware that some families prefer to keep the news from their children, but this can be very difficult to achieve and children will overhear conversations by other children both in and outside of school, some of which may not be factual. We are here to listen to the children's worries and support them during this time.

Please be aware of the following agencies, both local and national, that can support with mental health and wellbeing concerns:

- Mindworks Surrey [Advice, information and resources :: Mindworks Surrey \(mindworks-surrey.org\)](#) – A local mental health and wellbeing service in Surrey
- MindEd - a free educational resource on children and young people's mental health
- [On My Mind | Resources for Young People | Anna Freud Centre](#) - provides self-care strategies and lots of information and support for young people to help you make informed choices about your mental health and wellbeing.
- Every Mind Matters - an online tool and email journey to support everyone in taking action to look after their mental health and wellbeing
- [Home - Jigsaw South East](#) – a local bereavement charity offering support to parents and carers who's children are facing bereavement.
- Bereavement UK and the Childhood Bereavement Network - information and resources to support bereaved pupils, schools and staff
- The DfE blog - includes mental health resources for children, parents, carers and school staff
- Young Minds - information on COVID-19 and mental health
- Think Ninja - a free app for 10 to 18 year olds to help build resilience and stay well



*Inspirational Learning for Life*



- Every Mind Matters - building resilience and supporting good mental health in young people aged 10 to 16
- Kooth - [Home - Kooth](#) - **Kooth** is a free, safe and anonymous online support for children and young people. **Kooth** offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

Get free, confidential support at any time by:

- texting SHOUT to 85258
- calling Childline on 0800 1111
- calling the Mix on 0808 808 4994

Please do let your class teacher know if your child is experiencing high levels of anxiety and concern, so that we can best support them in school.

Yours sincerely,

**Laura Skingley**

SENCo, Deputy DSL, PSHE & RSE lead