



Tunstall Road, Croydon, Surrey CR0 6TY  
Executive Headteacher: Jane Charman  
Telephone: 020 8654 0371  
Email: [admin@tunstall.croydon.sch.uk](mailto:admin@tunstall.croydon.sch.uk)  
Website: [www.tunstall.croydon.sch.uk](http://www.tunstall.croydon.sch.uk)

15<sup>th</sup> March 2022

Dear Parents and Carers,

On Wednesday 16<sup>th</sup> March, we will be holding a 'Day for Ukraine', children can come to nursery wearing blue and yellow - we will be collecting monetary donations on this day, to help those in need. All donations are appreciated, no matter how small. All funds raised will be given to the 'Disasters Emergency Committee's Ukraine appeal', supported by the First News Ukraine Schools Appeal.

Donations will help to supply urgent food, hygiene supplies and medical care to refugees and those trapped by the conflict.

Many of us are anxious about the news unfolding regarding the conflict between Russia and Ukraine. Even if you are not directly affected, watching these events can be upsetting. Your child may not be watching the news, but they may still hear about these events in other ways, and this may cause anxiety for them too.

Here are some tips from Save the Children, that may support you to have discussions with your child, should they ask any questions or make any comments about the current situation –

### **Make time and listen when your child wants to talk**

Give children the space to tell you what they know, how they feel and to ask you questions. They may have formed a completely different picture of the situation than you have. Take the time to listen to what they think, and what they have seen or heard.

### **Tailor the conversation to the child**

Be mindful of the child's age as you approach the conversation with them. Young children may not understand what conflict or war means and require an age-appropriate explanation. Be careful not to over-explain the situation or go into too much detail as this can make children unnecessarily anxious. Younger children may be satisfied just by understanding that sometimes countries fight. Older children are more likely to understand what war means but may still benefit from talking with you about the

situation. In fact, older children will often be more concerned by talk of war because they tend to understand the dangers better than younger children do.

### **Validate their feelings**

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, it can create a sense of relief and safety.

### **Reassure them that adults all over the world are working hard to resolve this**

Remind children that this is not their problem to solve. They should not feel guilty about playing, seeing their friends, and doing the things that make them happy. Stay calm when you approach the conversation. Children often copy the sentiments of their caregivers – if you are uneasy about the situation, chances are your child will be uneasy as well.

### **Give them a practical way to help**

Support children who want to help. Children who have the opportunity to help those affected by the conflict can feel like they are part of the solution. Children can create fundraisers, send letters to local decision-makers or create drawings calling for peace.

Best Wishes

The Tunstall Team