

01.03.2022

Dear Parents and Carers,

I do hope you enjoyed a relaxing break with your families over the half term holiday. It was lovely to welcome the children back to school yesterday and they all settled back into their routines very quickly.

I just wanted to provide you with an update on Covid and some information about how we will be approaching the current situation in Ukraine with pupils.

Covid Update

Although many of you will be aware of the current Government advice regarding Covid, I just wanted to highlight our measures that will continue and some of the most recent changes and developments.

- In school, we will continue to maintain good hygiene routines and ventilation. We will be going back to having whole school assemblies and will be inviting parents into school for events (it was lovely to see those parents that were able to join us in school for parents' meetings yesterday).
- Nationally, education and childcare settings are open, and attendance is mandatory.
- Public health advice for [People with COVID-19 and their contacts](#) changed from 24 February. Contacts are no longer required to self-isolate or advised to take daily tests, and contact tracing has ended.
- Pupils, staff and other adults who have COVID-19 symptoms, should follow guidance on [People with COVID-19 and their contacts](#).
- You should follow public health advice on [when to self-isolate and what to do](#).
- Twice weekly testing for staff is no longer advised.
- If the number of positive cases substantially increases in school or the local area, we might be advised that additional measures should be introduced. I will continue to be in touch with the Local Authority to take any guidance as required.

The full DFE guidance document for parents can be found [here](#).

Talking to children about the conflict in Ukraine

Although our instincts can be to shield our children from the current conflict, it is important to talk to the children, in a developmentally appropriate way, about the current situation in Ukraine. Evidence suggests that a supportive conversation about a stressful event can actually decrease stress and provide reassurance. Talking about it will help them process difficult emotions that may arise, combat misinformation and model and encourage compassionate views towards others.

Ane Lemche, a psychologist and child counselor with Save the Children, said children around the world might not fully understand what is happening in Ukraine and may have questions about

 Reaching for the Stars



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the images, stories and conversations they are exposed to. By talking to children, we can help reduce some of their potential anxiety. We have noticed children starting to talk about the conflict in school, they are likely to have seen images on the news or overheard other people talking about it so, we feel it is important to address it with children in an age-appropriate way. It is important for children to be adequately informed and reassured by the adults they trust, and to be provided with opportunities to make sense of how they might be feeling.

In school this week, classes will be having a circle time to talk about conflict as the children know it (for example, talking about arguments and falling out with friends in school). After talking about their experiences of conflict at home and at school, the teachers will carefully and considerately talk about the current conflict in Ukraine in an age-appropriate way. In EYFS, they will simply explain that one country is not being very nice to another country and it is making people feel upset. In Y1 and Y2, they will look at a map of the world together and share where the conflict is occurring.

We will not be going into any detail but will take the opportunity to ensure that children understand that, although there is conflict occurring, other countries around the world are working together to try and stop it.

For parents, please visit the following websites for information about how to talk to your child about the current conflict:

[Supporting your child if they see upsetting content online about what is happening in Ukraine | Childnet](#)

[How to Talk About War and Conflict with Kids, According to a Child Counselor | Save the Children](#)

Kind regards,

Mrs Kee
Headteacher