



18 September 2017

Dear Parents and Carers,

Following the events that took place in Sunbury on Friday and subsequently over the weekend you may feel it appropriate to talk with your children about this. When children hear about attacks or bombings like the ones in London, Manchester or Barcelona it can make them anxious or scared. They might feel unsafe and if there are a lot of things in the news about the attacks, it can feel like the threat is massive. But it's important to remember that in reality, terrorist attacks are still rare.

The NSPCC and Childline have produced some very practical and helpful advice on their websites that I hope you will find useful.

Talking about terrorism: NSPCC tips for parents

'Supporting children worried about terrorism' advice is designed to help you as parents talk to your children if they are worried about recent events. Children are exposed to news in many ways, and what they see can worry them. The NSPCC's advice can help you have a conversation with your child:

- listen carefully to a child's fears and worries
- offer reassurance and comfort
- avoid complicated and worrying explanations that could be frightening and confusing
- help them find advice and support to understand distressing events and feelings
- Children can always contact Childline free and confidentially on the phone and online.

Please find below links to the NSPCC and Childline websites which offer some further excellent guidance should you require reassurance.

- <https://www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/>
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>

I do hope you find this information helpful. Other guidance on keeping your child safe can be found on the school website Parent pages.

Kind Regards

Mrs C Dyer
Headteacher

