



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

London Road
Buckingham
MK18 1AT

Tel: 01280 812206

Fax: 01280 822525

Email: office@buckinghamsschool.org

Website: www.buckinghamsschool.org

Headteacher: Mr A McGinnes

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Dear Parent / Carer

The school has been overwhelmed so far with the support for our initiatives to support the Ukraine Crisis. You will have already seen on Facebook the massive efforts already – donations of key items dispatched and money already raised. Incredible – we are so proud of our school and our community.

Meanwhile, on a daily basis, our staff have offered excellent and measured support to our students when discussing the events unfolding in Ukraine. We provided brief discussion in assemblies, resources for Form Tutors to use and the subject is inevitably arising in class, such as Personal Development.

Protecting the mental health of our children

The situation in Ukraine is horrendous. Whilst we are geographically removed from these events, many in our school and community will be directly affected and may have families or roots in the region. The news and social media feeds are filled with the latest information and some of it is very upsetting and worrying. Children listening and viewing distressing images can become frightened and fearful.

What can parents do?

Here are some background reading resources to help you think about how you can support your child with what they are seeing or feeling. We hope that these resources help parents to discuss this issue at home:

Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet):

<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner):

<https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro):

<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>

Where can students go for support?

We would like to remind students that they can express their concerns at any point. The Student First Team are happy to support and our students teachers, Form Tutors, Heads of Year and Senior Leaders are all there to help.

Speak to any adult in school, or email safeguarding@buckinghamsschool.org or studentfirst@buckinghamsschool.org

Our key message remains: “Don't bottle it up”.

Yours faithfully

Mrs P McGinnes

Mental Health Lead

pmcginnes@buckinghamsschool.org

The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence finance@buckinghamsschool.org, if you wish to seek assistance, or obtain more information about Pupil Premium funding.

