



St Anthony's Parents' Safeguarding & Wellbeing Newsletter Spring 2 Edition 2026

Welcome to the Spring 2 Edition of our Safeguarding & Wellbeing newsletter. This edition offers advice on how to support children with making sense of current news headlines as well as some tips for simple activities that can reduce anxiety.

Guiding children through frightening news stories

Children aged 4–11 often have big feelings about scary news, and they need calm, simple explanations to help make sense of what they're hearing. Start by creating space for questions: ask what they've seen or heard, and gently correct any misunderstandings without overwhelming them with detail. Keep language age-appropriate and reassuring, focusing on what adults are doing to keep people safe. Limiting repeated exposure to news - especially graphic images - can also reduce anxiety, as younger children may struggle to distinguish between ongoing danger and a one-off event.

Equally important is validating their emotions. Let them know it's okay to feel worried, sad or confused, and help them express those feelings through drawing, play or talking. Giving children routines, consistency and opportunities for positive activities helps restore a sense of normality when the world feels unsettled. Remind them of the "safe circle" around them - family, teachers, community helpers - and emphasise that they are cared for and protected. Invite them to come back with more questions anytime, so they know the conversation is open and supportive rather than frightening.

Activities to help reduce anxiety

Calming the Body

Deep breathing exercises: Slow, steady breaths signal the nervous system to calm down. Techniques like "box breathing" (inhale–hold–exhale–hold for 4 seconds each) work well for all ages.

Physical activity: Movement helps release tension and lowers stress hormones. This can be as simple as walking, cycling, dancing or playing outside.

Sensory grounding: Activities like holding something warm, playing with clay, using textured objects, or doing "5-4-3-2-1 grounding" help bring attention back to the present moment.

Calming the Mind

Creative activities: Drawing, colouring, storytelling, Lego or crafts give the mind something soothing and structured to focus on.

Talking and reassurance: For children especially, anxiety often eases when they share their worries with a trusted adult who listens and validates their feelings.

Supporting Daily Wellbeing

Routine and predictability: Consistent routines help create safety, especially when external events feel unpredictable.

Outdoor time: Nature has a reliable calming effect—gardens, parks, beaches or simply noticing trees, birds or clouds.

Good sleep habits: Wind-down routines, dim lighting and predictable bedtimes help reduce anxiety over time.



Wellbeing Advice for St Anthony's Families

WELCOME:

Spring 2 has been a short but busy half term at St. Anthony's! The world has also been busy around us. If news stories or wider worldly worries have been affecting your child, please read through the information provided. If you would like further advice or support, please get in touch with our Pastoral Team, via the school office.

war
global warming
terrorism
politics

1 Be aware of what kids are watching

Be proactive in switching off when young kids are around. For older kids, talk through what you're seeing together.



2 Help them understand

Encourage questions. Explain that it's normal to feel scared or worried.

Helping kids cope with scary stuff in the news



3 Provide reassurance

Remind them they're safe and these kinds of scary things happen very rarely.



4 Focus on the helpers

Point out the people working to fix the frightening situation and stop it happening again.



5 Manage your own reactions

Children learn how to feel about something by watching adults' reactions. Share your feelings, but show that you're managing them.

Advice if you're upset by the news



For further advice, a more child friendly approach to the news or to access their free, "happy news" section, please explore CBBC newsround.

[Advice if you're upset by the news - BBC Newsround](#)

