

Monday 18th March

Kia ora te whānau,

You can be incredibly proud of your child/ren for the way they have coped and participated at school today. It has been really encouraging to see the positive attitudes and kindnesses being displayed by our Riccarton kids towards each other.

We have been provided with a few more resources, offering research based advice, on how best to respond to traumatic events with your child/ren. You will find hyperlinks below for these. If they do not activate from this document, just copy and paste them into your internet browser.

[Tips for parents and educators: Supporting children and young people](https://www.education.govt.nz/news/tips-for-parents-and-educators-supporting-children-and-young-people/) (Ministry of Education)

<https://www.education.govt.nz/news/tips-for-parents-and-educators-supporting-children-and-young-people/>

[Parenting place - How to talk to your kids about: Trauma](https://www.theparentingplace.com/how-to-talk-about/world-trauma/?fbclid=IwAR2HPe1ygn0kKg95Mxh44rGZITd4c-x_0le8ZVxyvU4V529GoZBWMWNj3Bo) (Parenting Place)

https://www.theparentingplace.com/how-to-talk-about/world-trauma/?fbclid=IwAR2HPe1ygn0kKg95Mxh44rGZITd4c-x_0le8ZVxyvU4V529GoZBWMWNj3Bo

[Helping Children Cope After a Traumatic Event - a recovery guide for parents, teachers and community](https://childmind.org/guide/helping-children-cope-traumatic-event/) (Child Mind Institute)

<https://childmind.org/guide/helping-children-cope-traumatic-event/>

Please remember to look after yourselves, your family and your friends, and reach out to us if we can do anything to support you.

Ngā mihi nui,

Paul Irving