

13 February 2026

Dear Parents and Carers,

You may already be aware of the serious incident that occurred earlier this week at a secondary school in Brent. We understand that events like this can naturally lead to worry or uncertainty for families across the borough, even when their own child was not directly involved.

At times like these, supporting children to understand and manage any feelings they may experience is especially important. Children respond differently to unsettling news and events. Some may want to talk openly about what they've heard, while others may become quieter or more clingy. Many children will be largely unaffected. All of these reactions are completely normal.

We would like to share some practical steps you can take should your child want to talk about the event, ask questions, or appear unsettled.

1. Keep routines steady and predictable

Children feel safest when everyday routines – such as mealtimes, bedtimes, and attending school - stay consistent. Predictability provides reassurance and helps them feel secure.

2. Offer calm, honest reassurance

If your child has questions, answer them in clear, age-appropriate language. What matters most is that they feel heard and supported. You don't need to have all the answers - your calm presence and helps them feel safe.

3. Let them express their feelings in their own way

Some children will want to talk; others may express themselves through play, drawing, or simply wanting to be close to trusted adults. Allow children to respond in whichever way feels natural for them.

4. Watch for short-term changes in behaviour

It's normal for some children to show brief changes in behaviour – such as difficulty sleeping, irritability, clinginess, or becoming quieter - after hearing about an upsetting event. These reactions usually settle quickly with reassurance and familiar routines. Most children are unlikely to be significantly affected and will continue with daily life as usual.

If you do have any ongoing worries about how your child is coping, please contact the school.

5. Limit exposure to rumours and social media

Unverified or dramatic information from peers or online can heighten anxiety. Gently correct misunderstandings and encourage children to check things with trusted adults if they feel unsure.

6. Take care of your own wellbeing

If you would find further guidance helpful, these organisations offer excellent advice on supporting children after worrying or traumatic events:

Sources of Support

If extra guidance would be helpful, these organisations offer excellent advice on supporting children:

- **YoungMinds – Supporting a Child After a Scary or Traumatic Event**
Practical strategies for managing anxiety, sleep difficulties, intrusive thoughts, and general worry. Website: www.youngminds.org.uk
- **NSPCC – Understanding Children’s Fears and Worries**
Clear advice on responding to children’s worries and helping them feel safe. Website: www.nspcc.org.uk
- **The Children’s Society – Emotional Regulation and Coping**
Resources to help young people recognise and manage strong feelings such as fear, anger, and anxiety. Website: www.childrenssociety.org.uk
- **Kooth (for young people aged 11+)**
An online platform offering counselling, peer support, and self-help tools. Website: www.kooth.com
- **Childline – Trauma, Worry and Feeling Unsafe**
Child-friendly advice on grounding techniques and managing big emotions. Website: www.childline.org.uk

Schools across Harrow continue to support their pupils sensitively and thoughtfully. If you have concerns about how your child is coping, please contact your child’s school so that you can be directed to the most appropriate support.

Putting Residents First



Thank you for working with us to help keep our school communities safe, supported and connected.

Yours sincerely

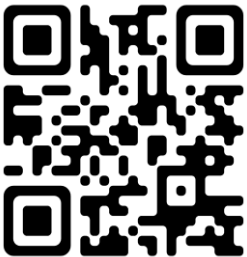
A handwritten signature in black ink, appearing to be "E. Harkin".

Emma Harkin
Director for Education

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Harrow's Local Offer provides information about services for children and young people with Special Educational Needs & Disabilities: [SEND Local Offer – London Borough of Harrow](#)



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