



# Newsletter Autumn Term 2023



---

*Welcome to the first Autumn Term newsletter from*

**[Barnardo's Education Community](#)**

---

## News



### **Call out for new Steering Group members!**

The Steering Group was established to provide guidance, and insights, and to act as a critical friend to the delivery of BEC.

It meets 6 times per year and the current group includes professionals from across a range of educational roles and remits.

The Steering Group aims to represent each of the four nations.

**For more information and/or to register interest: [BEC Steering Group](#)**

Having worked within both the education & voluntary sectors for almost 20 years as a teacher, coach, and trainer, I have a lot of experience in supporting school leaders, teachers & pupils in a variety of ways. As a member of BEC's steering group, I am able to advise on the content produced, review materials, and share best practice. BEC provide a fantastic array of resources and support for educators, and it is an honour to work with them on this.

Mairead, Programme Manager, PATHS® Programme for Schools

I am a Steering Group member as I find it a valuable opportunity to connect with & learn from peers in various education settings. Having an input into the work BECs does is a valuable insight into what they provide for schools, and helps develop programmes, initiatives and CPD that are useful and relevant, which will in turn benefit children and young people. I find BEC to be extremely interested and accepting of teachers & practitioners views and ideas and the practicalities of applying theory and approaches to practice, and that can be a rare thing!

Elaine, Class Teacher & Drawing & Talking Practitioner, Scotland

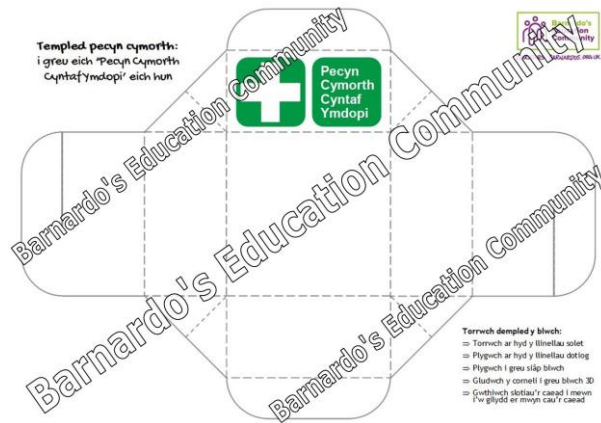
## New Content



**New Booklet - Therapeutic Games and Activities for Relationship Building** - developed in collaboration with Barnardo's colleagues. The aim was to collaborate on the development of an adaptable resources booklet (*hosted on the BEC website*) to support/encourage relationship building. The target audience is Secondary or HE pupils.

You will need to [complete a form](#) to access this FREE BEC resource. Your information will be used to gain insight as to how this resource is being used.













More of BEC's resources have now been translated into WELSH:

- [Fy Mhecyn Ymdopi \(My Coping Toolbox\)](#)
- [Trafod Galar \(Exploring Grief\)](#)
- [Trafod Galar – Llosgfynydd galar \(A3 Volcano Activity\)](#)

**New Podcast - #S2 - Ep 5 - BEAT Eating disorders:** In this episode, we talk with Edward Emond the Deputy Director of Services at BEAT, the UK's eating disorder charity. We discuss eating disorders, some common warning signs of eating disorders, and support/treatment is out there for people with eating disorders. We then spoke about the training that BEAT offers for schools and teachers - [SPOT: Schools Professionals Online Training](#).

More information about eating disorders and support available can be found on BEC's Wakelet '[Eating Disorders Awareness Week 2023](#)'



---

Please completed our [feedback form](#)

---

At BEC we greatly value any feedback received; connecting and listening to staff about what they want and need enables us to provide content that is responsive to both the needs of children and young people and the staff supporting them.

## Training and CPD



**We completed the 'Mind, Body and Mental Health' layered learning package in June, July, and September this year.**

**Part A: Theory** - a theory-based webinar introducing you to theoretical perspectives and approaches to working with children and young people, appropriate to the topic of the session.

**Part B: Reflective Practice** - a self-reflective session inviting you to be curious about yourself, the subject and working with children and young people. You will have the opportunity to start to make theory-practice links using your work experiences.

**Part C: Practical Session** - a practical session providing dedicated time for strategy and resource sharing with colleagues as well as peer support.

---

*This is what attendees had to say:*

---



Part A

'Thought provoking, humbling, informative, considered, and I love how it's presented with lots of inclusion. Brilliant!'

Part B

'Grounding [session]. Went quickly. Great to have space to think.'

Part C

'Thanks a lot, a really useful session, what an amazing list of resources you guys have put together! Its been great to connect with like minded individuals.'

The Overall Package

'The sessions were really informative and delivered exceptionally well... One of the best trainings I've been on this year. It was really helpful connecting with other colleagues in similar fields and being able to discuss issues with them.'

## Staff Wellbeing



---

### [Spaces for Wellbeing](#)

---

This is our second full season of online events that are designed to 'inspire and not instruct.'

We have invited guests from a range of disciplines to **discuss solutions for staff wellbeing on different themes.**

The themes for this season have come from a co-production workshop in Feb this year with educators in Hull and the surrounding areas.

---

[Register for these events here](#)

---

## The Spaces for Wellbeing Programme

Focused on staff wellbeing. It is designed to 'provide inspiration and not instruction'.  
Our autumn programme of events: (4.15 - 5.45pm)



Thursday 19th October 2023	<b>Gareth Conyard &amp; Michelle Barker</b> Co-CEO & Head of Impact and Engagement Teacher Development Trust (TDT)	'Teacher Autonomy in Professional Development'
Thursday 2nd November 2023	<b>Hywel Roberts</b> Travelling Teacher, Writer, Humourist, Speaker, Storyteller, Author of 'Botheredness'	'Building 'Botheredness': The Importance of a Creative Curriculum Approach for the Wellbeing of Both Staff and Pupils'
Thursday 16th November 2023	<b>Ann-Marie Ireland</b> Founder/Director of Whole-Hearted Teaching	'Navigating Our Common Purpose in the Face of Challenges and Daily Vulnerabilities'
Thursday 30th November 2023	<b>Tara Elie</b> Coach, Founder/Director of Star Performer	'Experiencing Mattering: Your Life and Your Work'

### *This is what attendees had to say:*

'I loved this session and gained some lovely tips- like worrying time and a ritual at the end of the day and focusing on strengths...It is such a gift to be able to access courses like these.'

Spaces for Wellbeing attendee

'Thank you, an inspiring experience.'

Spaces for Wellbeing attendee

'Thank you so much, your presentation is relevant, practical and informative.'

Spaces for Wellbeing attendee

### *Recorded Events now available:*

- [Jane Andrews - Supporting Wellbeing & Valuing Diversity of Staff, Children, & Families Through Creative Practices](#)
- [Beth Roberts - 'A Team Approach to Improving Wellbeing in Education Settings'](#)

## Partnerships

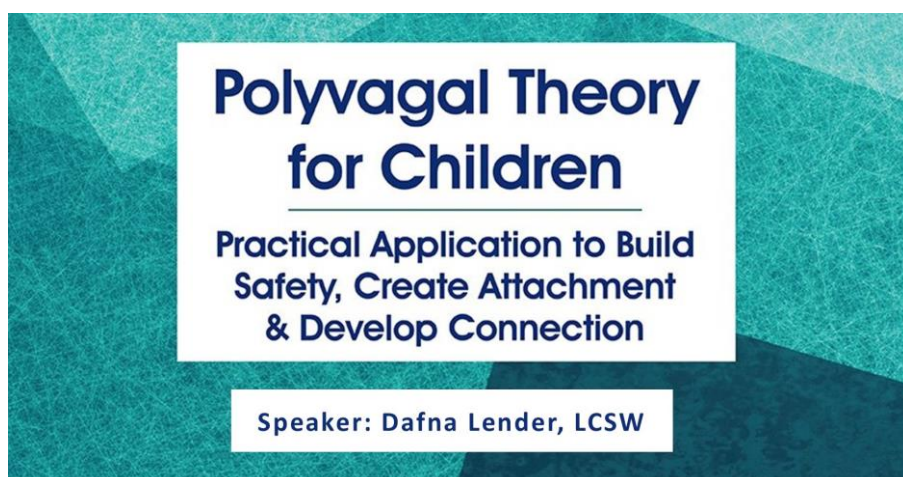
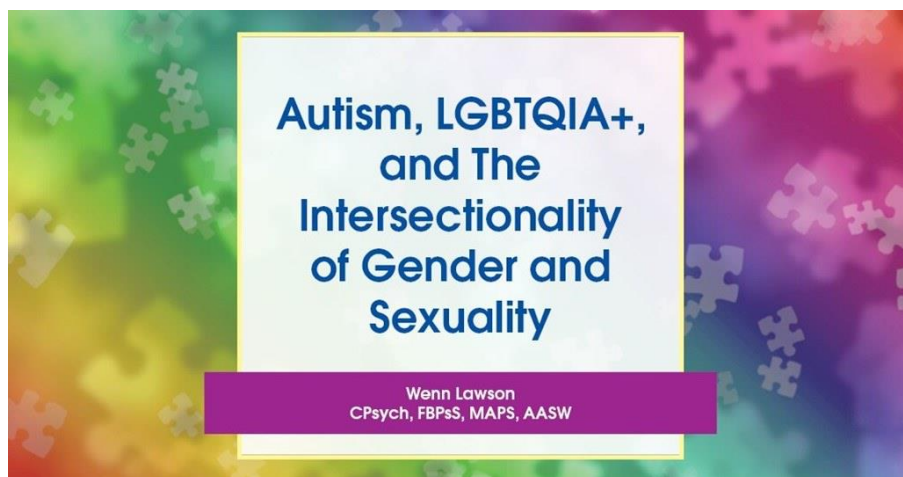


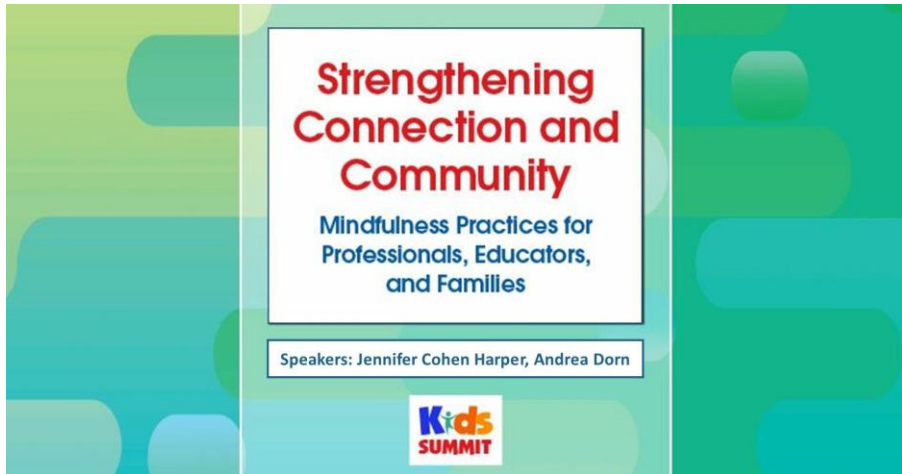
---

We are proud to work with [PESI UK](#) – the largest clinical content provider in the UK and Europe.

---

The free [courses](#) below are available until October 2023. We will continue to refresh these courses throughout the year.


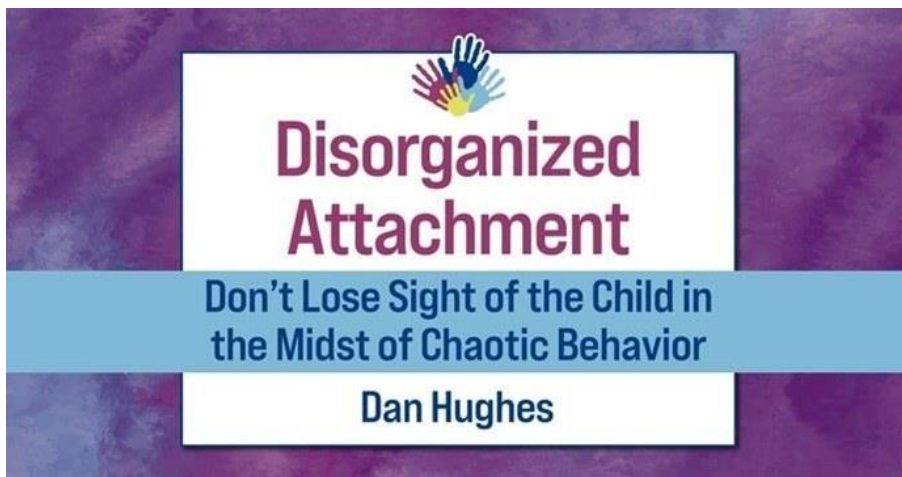





**Strengthening  
Connection and  
Community**

Mindfulness Practices for  
Professionals, Educators,  
and Families

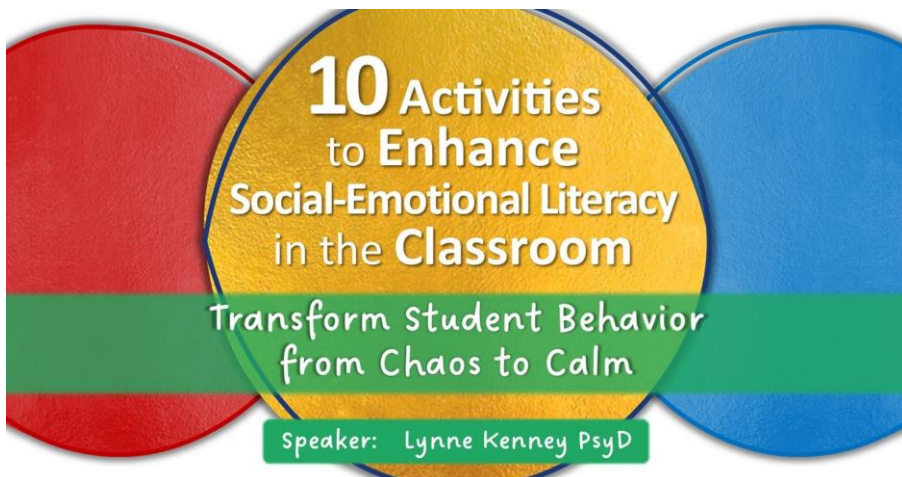
Speakers: Jennifer Cohen Harper, Andrea Dorn



**Disorganized  
Attachment**

Don't Lose Sight of the Child in  
the Midst of Chaotic Behavior

Dan Hughes



**10 Activities  
to Enhance  
Social-Emotional Literacy  
in the Classroom**

Transform Student Behavior  
from Chaos to Calm

Speaker: Lynne Kenney PsyD

# Anxiety in the Classroom

Practical techniques you can use with your students immediately  
Effective treatment strategies for each of the seven key anxiety disorders  
Video examples in a school setting

**Speaker: Paul Foxman, PhD**

## Trauma-Informed Compassionate Classrooms

Strategies to Reduce Challenging Behavior, Improve  
Learning Outcomes and Increase Student Engagement

**Speaker: Jennifer Bashant**

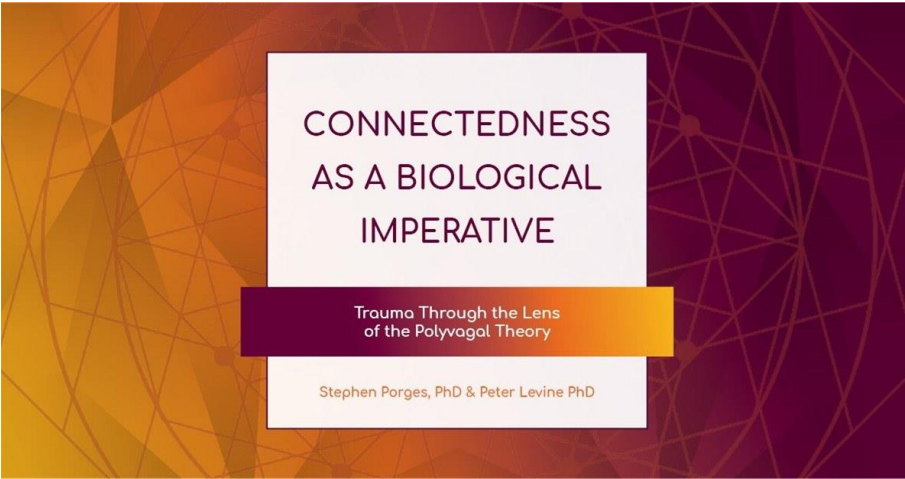
## TEEN ANGER

**Speaker: Jason Murphy, MA, LMFT, CADACII, ICAP**

**Shut Down Angered  
Out-Bursts, Arguing,  
and Out-of-Control  
Behaviors with  
Mindfulness-Based  
Strategies that Get Results**

**Key Benefits:**

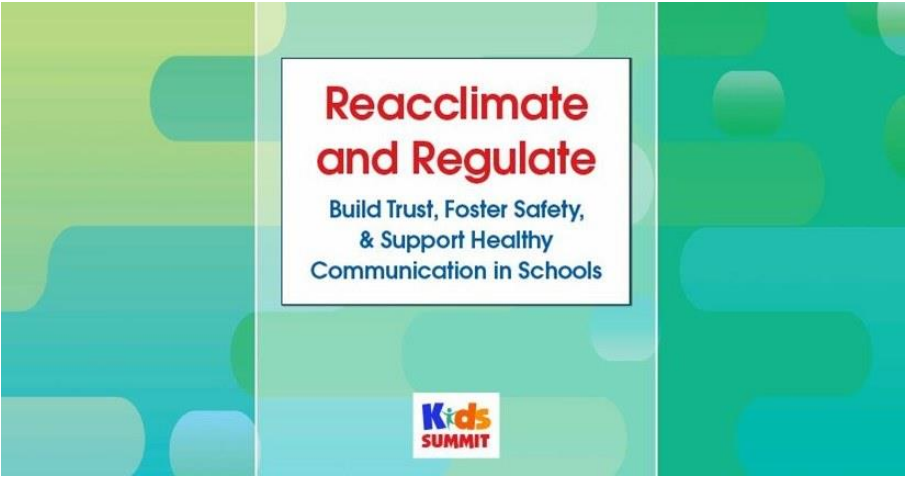
- Skills that reduce negative self-talk and reframe the dysfunctional thoughts that lead to angered out-bursts, arguing, fighting, and out-of-control behaviors.
- Relaxation techniques and disengagement strategies that lower the anger response and help teens walk away from destructive confrontations.
- Assertiveness training — teach teens to share anger constructively and without aggression.
- Functional coping and social skills young clients can use to improve their school lives and help them stay grounded and in-control when tensions rise.



**CONNECTEDNESS  
AS A BIOLOGICAL  
IMPERATIVE**

Trauma Through the Lens  
of the Polyvagal Theory

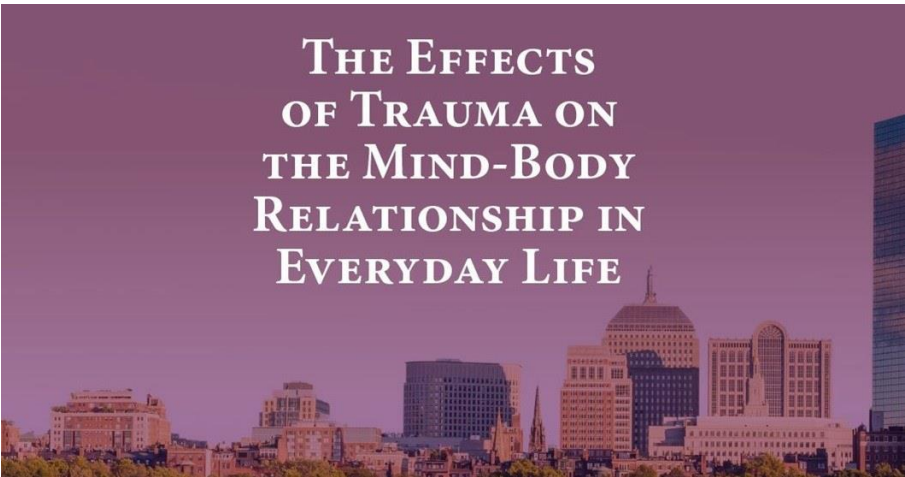
Stephen Porges, PhD & Peter Levine PhD



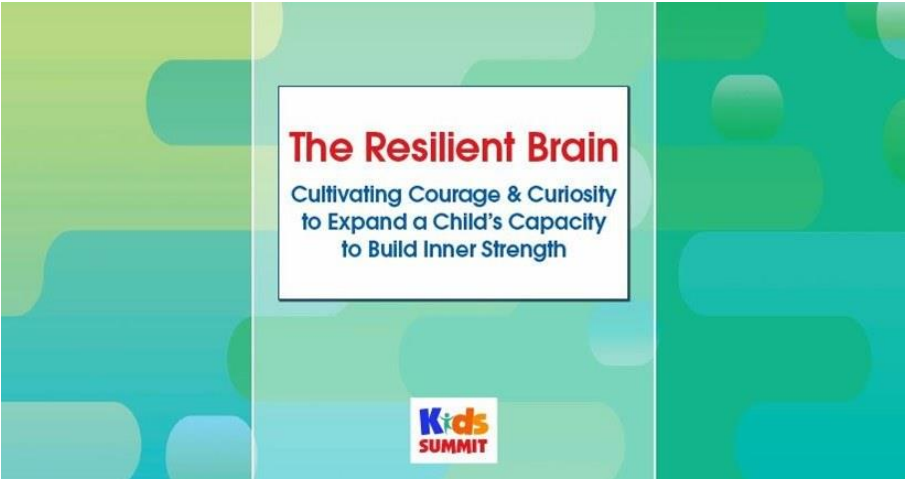
**Reacclimate  
and Regulate**

Build Trust, Foster Safety,  
& Support Healthy  
Communication in Schools

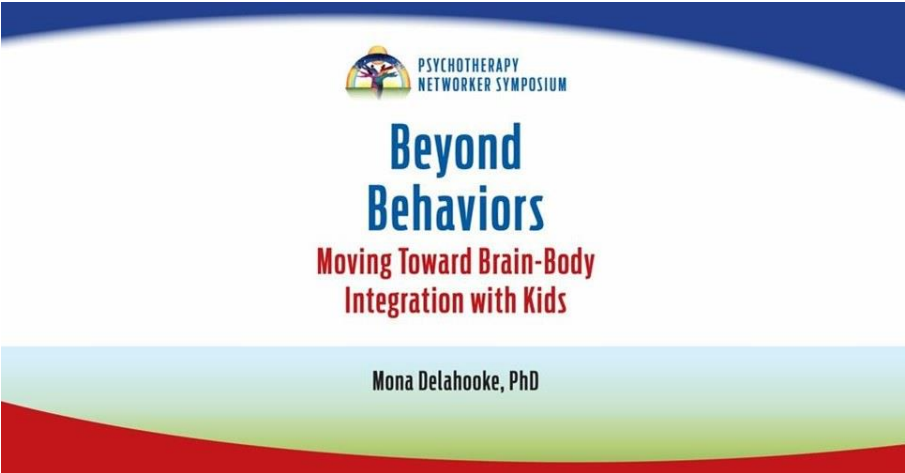

**Kids  
SUMMIT**




**THE EFFECTS  
OF TRAUMA ON  
THE MIND-BODY  
RELATIONSHIP IN  
EVERYDAY LIFE**



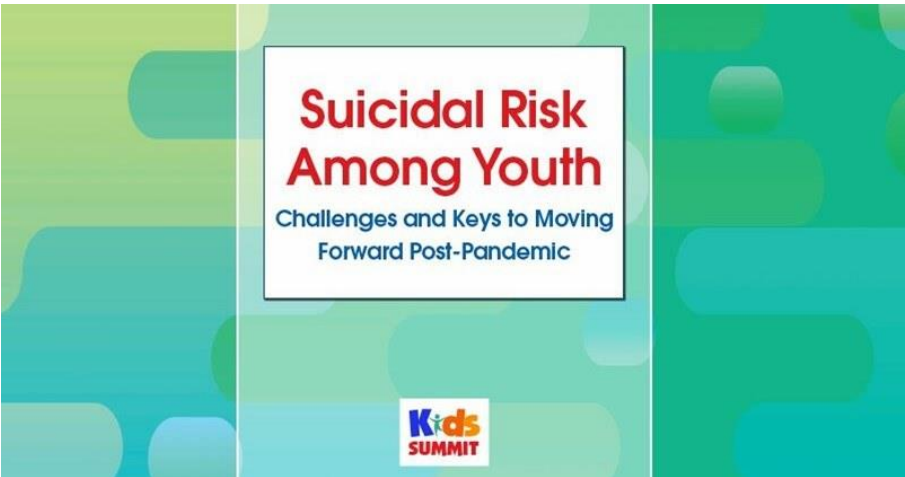
**The Resilient Brain**  
Cultivating Courage & Curiosity  
to Expand a Child's Capacity  
to Build Inner Strength




 PSYCHOTHERAPY  
NETWORKER SYMPOSIUM

**Beyond  
Behaviors**  
Moving Toward Brain-Body  
Integration with Kids

Mona Delahooke, PhD



**Suicidal Risk  
Among Youth**  
Challenges and Keys to Moving  
Forward Post-Pandemic



# 10 Brain-Based Strategies to Help Children in the Classroom

**Improve Emotional, Academic & Social Skills for Back to School**

**Tina Payne Bryson, PhD**

**1 Hour 30 Minutes**

## Other mental health and wellbeing news



### Supporting Care Experienced Young People

Our Triangles programme, which is part of Barnardo's Core Priority Programme on Care Journeys, gives care-experienced young people the opportunity to have their voices heard, build a support network, and create positive change for themselves and other young people with care experience.

A wonderful course has been *coproduced and is delivered* by young people with lived experience of the care system that will be very helpful for education settings.

### Care Experienced Awareness Training

- [Wed, 15 Nov 2023 10.00 - 16.00](#)
- [Wed, 13 Dec 2023 10:00 - 16:00](#)

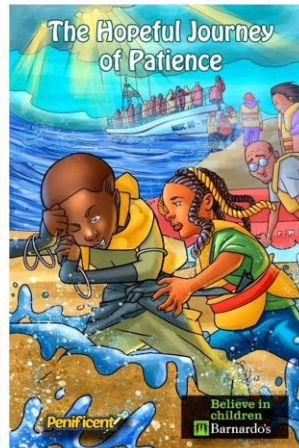
## Defying The Odds

Care Experience Awareness Training

A training course coproduced and delivered by people with lived experience of the care system







Over the last year the Triangles programme has focused on supporting young people with experience of seeking asylum within the UK as unaccompanied children.

The young people said that they would like to create a story for other young unaccompanied asylum seekers to help them feel less alone on arrival in the UK.

To design the comic book, the group worked with a group of talented artists from [Penificent](https://www.penificent.org/), a social enterprise that creates comic books that tackle difficult topics and social issues.

<https://www.barnardos.org.uk/blog/triangles-empowering-young-people-through-visual-storytelling>

BBC teach has launched materials to raise awareness in schools about care experience aimed at teachers and pupils, to better support care experienced children and young people! There are teacher training videos and young people's testimonies (animations).

We are really proud that the Barnardo's Care Journeys team has contributed to these materials.

<https://www.bbc.co.uk/teach/teacher-support/supporting-care-experienced-children/z7pmnk7>





### **The Invisible Backpack Package**

This is a CALL OUT for schools and education settings to collaborate with us on the development of the Invisible Backpack Package (*a free CPD opportunity*).

The Invisible Backpack Package focuses on the importance of a relational approach in our work with babies, children and young people.

**What it is:** The Invisible Backpack is a CPD package for schools and settings to use flexibly, either on their INSET days or during staff meetings. This includes:

- Guidance booklet for facilitator(s)
- Session plans
- Presentation slides
- Training videos
- Additional printed materials and resources

**What is the focus:** The Invisible Backpack Package focuses on the importance of developing a relational approach in our work with babies, children, and young people. The package is divided up into three sections with the following aims:

- **Part 1:** To explain the importance of a relational approach in supporting babies, children, and young people; to introduce the Invisible Backpack metaphor; to consolidate understanding

of research and evidence relating to the impact of early relationships and childhood experiences.

- **Part 2 and Part 3:** To review practice and provision when working with babies, children, and young people who may be carrying an invisible backpack using examples of effective practice from other schools and settings; to identify strengths and areas for development.

**The request:** We are looking for schools and settings who would be interested in establishing a working alliance with BEC to:

- Trial the whole package, or trial Part 1 (approx. 1.5hrs) and provide further feedback to inform future development.
- Review Parts 2 and 3 of the package; suggest further amendments and additions; contribute examples of effective relational practice.

This request will be on a **limited basis**, therefore please contact [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk) to express your interest as soon as possible and arrange an initial meeting to discuss further.



---

### *National Choral Competition - Barnardo's*

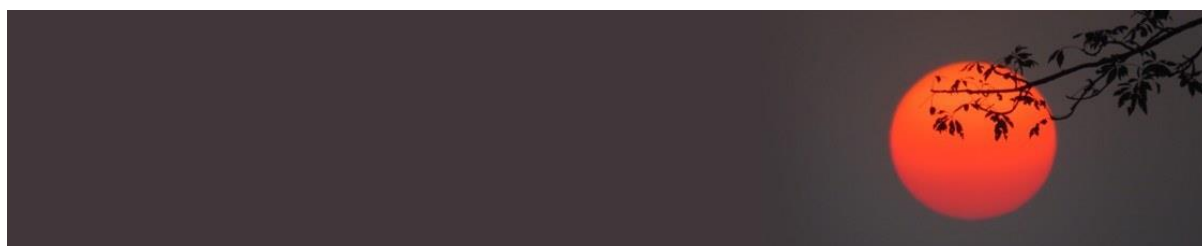
---

The benefits of singing in a group are well known. Research by Wills (2011) found (group) singing to have a spiritual connection, influenced behaviour and self-esteem and inspired children "to flourish in other areas of school life".

Why not take part in the largest schools' choir competition in the UK?

[Apply here.](#)

Contact Us



---

Visit us on the web at [Barnardo's Education Community](https://www.barnardos.org.uk/education-community)

---

Email us : [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk)

