



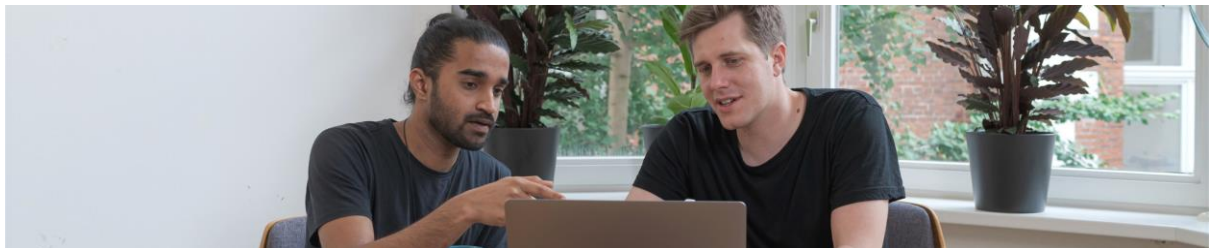
Newsletter Summer Term 2023



Welcome to the second Summer Term newsletter from

[Barnardo's Education Community](#)

News





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 package is divided up into 3 sections with the following aims:

- **Part 1:** To introduce or consolidate understanding of the invisible backpack metaphor; to build upon existing knowledge of related research and evidence about childhood development.

- **Part 2:** To review practice and provision when working with babies, children and young people who have experienced or experience stress, trauma, adversity, or poor mental health.
- **Part 3:** To complete action plans based on identified areas for development, including how to support staff wellbeing.

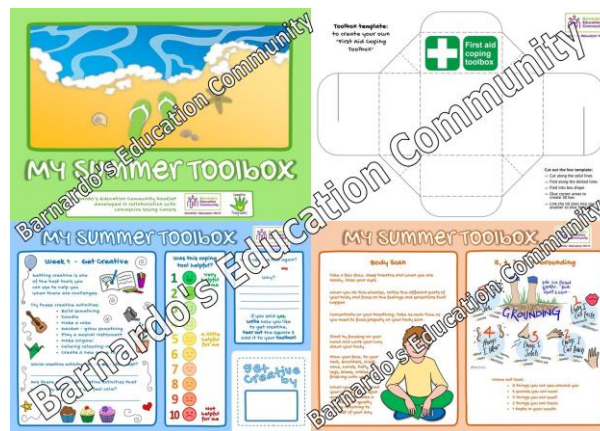
The request: We are looking for schools and settings who would be interested in establishing a working alliance with BEC to:

- Review the current content of the package and suggest further amendments and additions.
- Trial the whole package, or trial Part 1 (approx. 1.5hrs) and provide further feedback to inform future development.

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

Available now

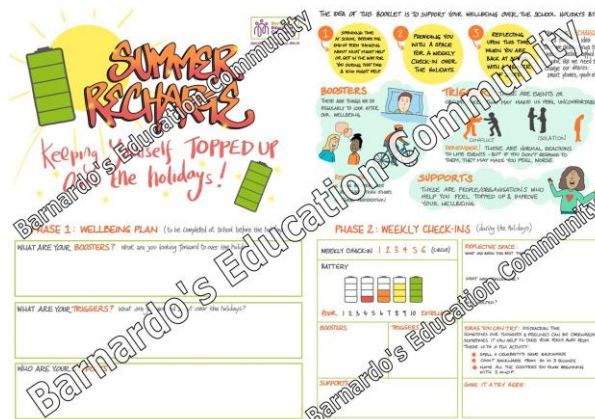
[Summer activity booklets:](#)



'[My Summer Toolbox](#)' - Summer can be a difficult time for children. The purpose of this booklet is for children (*ages 6 - 12*) to learn skills and coping tools that can help them to self-regulate when there are challenges or difficult days. Barnardo's Education Community booklet developed in collaboration with Lancashire Young Carers.



'[Summer Power Up](#)' - The aims of this 3-stage booklet: to promote to pupils the importance of self-care, to enable pupils to identify what promotes their own wellness (*feel-goods*) on an individual basis, to enable pupils to identify 'tricky things' which can have a negative impact on their wellbeing, to encourage pupils to identify when they may need support (*'helpers' available to them*) and how these may be accessed, and to encourage pupils to create their own individual wellness plan.



'[Summer Recharge](#)' - The idea of this booklet is to support young people with their wellbeing over the school holidays by: spending time at school before the end of term thinking about what might help, or get in the way for them, during the summer period and who might help, providing them with a space for a weekly check-in over the holidays, and reflecting upon the summer period when back in school with a member of staff.

Coming Soon

Therapeutic Games and Activities for Relationship Building - developed in collaboration through multiple workshops

This theme has been developed due to a request by a member of staff. 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.



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 summer/autumn programme of events: (4.15 - 5.45pm)



Supporting Mental Health and Wellbeing across Education
www.educators-barnardos.org.uk

Thursday 11th May 2023	André Spicer Professor of Organisational Behaviour, Bayes Business School, City University London	'Rest and Refresh: The Importance of Taking Breaks'
Wednesday 24th May 2023	Faye McGuinness Director of Programmes, Education Support	'Setting Boundaries as An Act of Self-Compassion'
Wednesday 7th June 2023	Jane Andrews Professor of Education, University of the West of England	'Supporting Wellbeing and Valuing Diversity of Staff, Children, and Families Through Creative Practices'
Thursday 22nd June 2023	Beth Roberts WULF Co-ordinator, National Education Union Cymru	'A Team Approach to Improving Wellbeing in Education Settings'
Thursday 2nd November 2023	Hywel Roberts 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	Ann-Marie Ireland Founder/Director of Whole-Hearted Teaching	'Navigating Our Common Purpose in the Face of Challenges and Daily Vulnerabilities'
Thursday 30th November 2023	Tara Elie Coach, Founder/Director of Star Performer	'Work/Life Balance'

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:

- [Faye McGuinness - 'Setting Boundaries as An Act of Self-Compassion'](#)
- [André Spicer - 'Rest and Refresh: The Importance of Taking Breaks'](#)

Recorded Events available soon:

- Jane Andrews - *'Supporting Wellbeing and Valuing Diversity of Staff, Children, and Families Through Creative Practices'*
- Beth Roberts - *'A Team Approach to Improving Wellbeing in Education Settings'*

Training and CPD



We completed the **'Self-Harm and Suicidal Behaviours in Children and Young People'** layered learning package in March, April, and May this year.

Part A: Theory - a theory-based webinar that introduced theoretical perspectives and approaches to working with CYP, who self-harm and/or express suicidal behaviours, with space to discuss and start to make theory-practice links.

Part B: Reflective Practice - a self-reflective session which invited attendees to be curious about themselves, the subject and the exploration around working with CYP who self-harm and/or express suicidal behaviours. This provided opportunity to discuss individual scenarios that have been experienced in work.

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

This is what attendees had to say:

'As always an excellent informative session which was held supportively and sensitively by the facilitators. I am always glad I attended these sessions. I benefit not just from the knowledge but also from the reflective space and the manner the group is facilitated... I feel that a lot of people shy away from the subject of suicidal behaviours and self-harm especially with young people and it was helpful to look at these especially for those in education who need to be able to recognise signs and act on them sensitively.'

Self-Harm and Suicidal Behaviours in Children and Young People - Part A attendee

'Really enjoyed today. I always get so much from these sessions. Even just the space to sit with myself and reflect on my own thoughts and experiences and listen to others and learn from each other.'

Self-Harm and Suicidal Behaviours in Children and Young People - Part B attendee

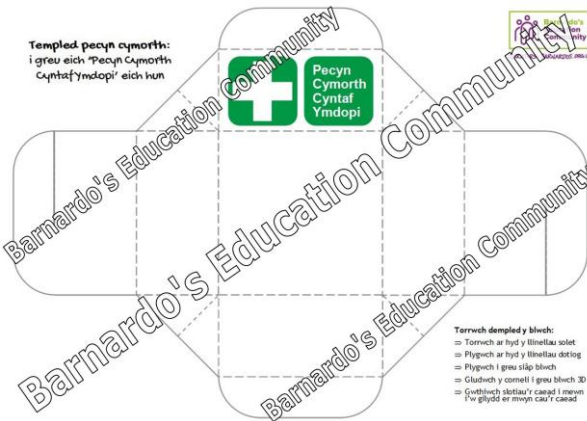
'Informative, inspiring, useful, hopeful, connected, empowered.'

Self-Harm and Suicidal Behaviours in Children and Young People - Part C attendee

Mind, Body and Mental Health (4 - 5.30pm)

- *Part A: Theory – Thursday 8th June (completed)*
- *Part B: Reflective Practice – Thursday 15th June (completed)*

New Content



FY MHECYN YMDOPi

Y Techyn Troi Sianeli Teleffon

Sell defnyddio eich dyddwrng i greu meddyliau hapus a heddol eiddo helpu yn ysbaid nghedrau anodd.

Cwtsu eiddo hysgud a gwedd eiddo eiddo hysgud...

Dyffwrngluch a...

Sianel 1: ar y traeth

Sianel 2: yn y parc

Sianel 3: ar ben mynydd

Yddech chi'n ei ddeus hoddur?

Oedd yr a ddaod ymdopi hwn yn dddefnyddiol?

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- 9 Twffwrngluch a gwynnol
- 10 Twffwrngluch a gwynnol

Oedd yr a ddaod ymdopi hwn yn dddefnyddiol?

Yddech chi'n ei ddeus hoddur?

Yddech chi'n ei ddeus hoddur?

Dychmygluch

Eiddo Sianel deledu loddol

Templed bluch clebran: i greu eiddo 'bluch clebran' ymdopi' eiddo hwn

Torrwch dempled y bluch clebran:

- Torrwch y sgwâr cyfan
- Dilynwch y cylfwrngluch a thros y dudalen 10 ymddol clebran
- Tchwanegu eiddo ymdopi clebran (10, 7 ac 8)

Ma' ochr hwn yn dechrau ymddol i fyny

Plygwrngluch a gwynnol ymddol

Yddech chi'n ei ddeus hoddur?

Dilynwch y cylfwrngluch

Yddech chi'n ei ddeus hoddur?

FY MHECYN YMDOPi

Ymarferion Egniol neu Cwtsu

Sell ymarferion egniol yn eiddo helpu yn eiddo hwn.

Sell ymarferion egniol yn eiddo helpu yn eiddo hwn.

Eiddo hwn yn eiddo helpu yn eiddo hwn:

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- 10 Twffwrngluch a gwynnol

Oedd yr a ddaod ymdopi hwn yn dddefnyddiol?

Yddech chi'n ei ddeus hoddur?

Cwtsu heddol

Ymarfer

FY MHECYN YMDOPi

Gwrsu eiddo hwn

Sell ymarferion egniol yn eiddo helpu yn eiddo hwn.

Sell ymarferion egniol yn eiddo helpu yn eiddo hwn.

Eiddo hwn yn eiddo helpu yn eiddo hwn:

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Oedd yr a ddaod ymdopi hwn yn dddefnyddiol?

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- 10 Twffwrngluch a gwynnol

Oedd yr a ddaod ymdopi hwn yn dddefnyddiol?

Yddech chi'n ei ddeus hoddur?

Gwrsu eiddo hwn

Ymarfer

FY Mhescyn Indopi

Hunan-dylino

Pen -
Deddfuon einn dylino'n ysgarth rhwyng hysgwrth a hysgwrth. Rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

Deddfuon a bresiau
Deddfuon einn dylino'n ysgarth rhwyng hysgwrth a hysgwrth. Rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

ac ysgwrthau
Deddfuon einn dylino'n ysgarth rhwyng hysgwrth a hysgwrth. Rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

Tread
Deddfuon einn dylino'n ysgarth rhwyng hysgwrth a hysgwrth. Rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

Cwlts pili

Deddfuon einn dylino'n ysgarth rhwyng hysgwrth a hysgwrth. Rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

FY Mhescyn Indopi

Tynnwch Lun o'ch Teimlo

Tynnwch lun o'ch teimlo yn y blych isod.

Gradd yr Amod

Gradd yr amod i'w ddefnyddio?

- 1 😊 Tynghyd a hysgwrth
- 2 😊 Tynghyd a hysgwrth
- 3 😊 Tynghyd a hysgwrth
- 4 😊 Tynghyd a hysgwrth
- 5 😊 Tynghyd a hysgwrth
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- 7 😊 Tynghyd a hysgwrth
- 8 😊 Tynghyd a hysgwrth
- 9 😊 Tynghyd a hysgwrth
- 10 😊 Tynghyd a hysgwrth

Defnyddio'r Amod

Defnyddio'r amod i'w ddefnyddio?

Na defnyddio'r amod?

Yn ddefnyddio'r amod?

Os mudi 'byddaf' o'ch a'ch a'ch, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

FY Mhescyn Indopi

Ymarferion ymlacio

Anadlu Baron

Anadlu a Hwato

Gradd yr Amod

Gradd yr amod i'w ddefnyddio?

- 1 😊 Tynghyd a hysgwrth
- 2 😊 Tynghyd a hysgwrth
- 3 😊 Tynghyd a hysgwrth
- 4 😊 Tynghyd a hysgwrth
- 5 😊 Tynghyd a hysgwrth
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Defnyddio'r Amod

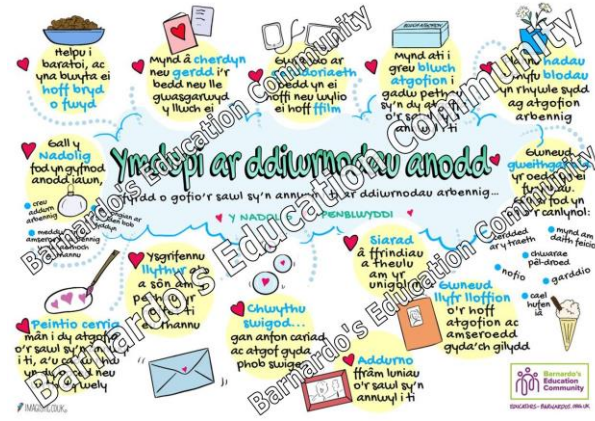
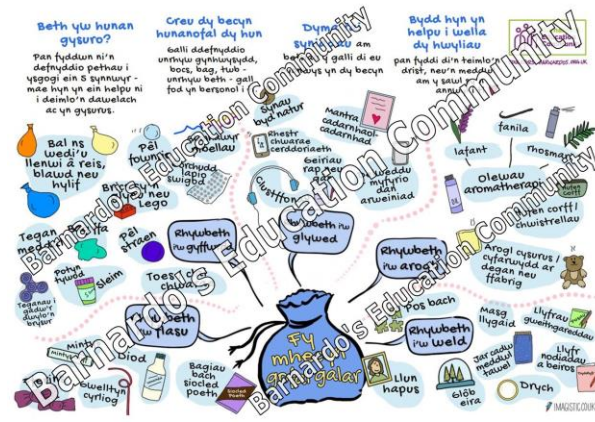
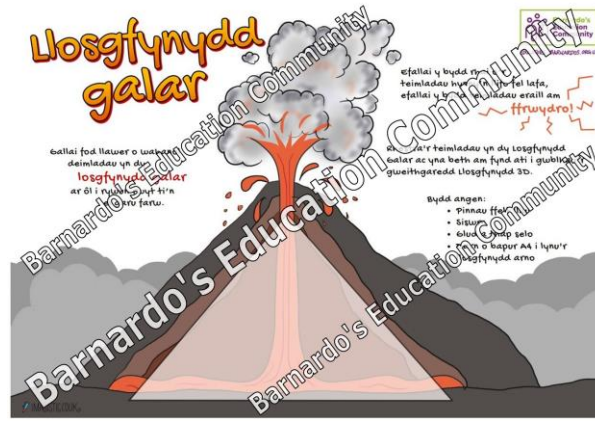
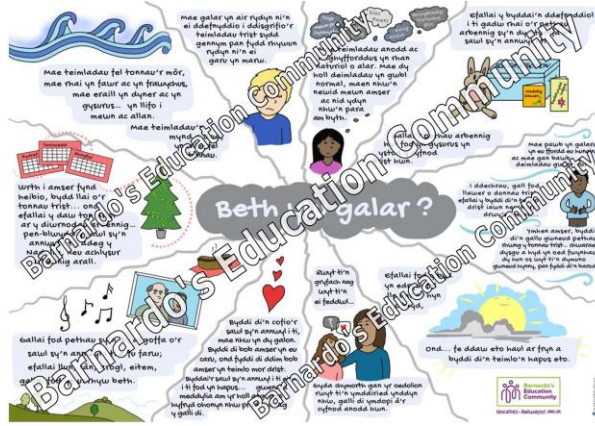
Defnyddio'r amod i'w ddefnyddio?

Na defnyddio'r amod?

Yn ddefnyddio'r amod?

Os mudi 'byddaf' o'ch a'ch a'ch, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth, rhwyng hysgwrth a hysgwrth.

Trafod galar



Mynd yn ôl i'r ysgol pan fydd rhywun annwyl i ti wedi marw

Wefallai y byddi di'n ei chael yn anodd mynd yn ôl i'r ysgol ar ôl i rhywun farw.

Wefallai dy fod eisiau i bethau fund yn ôl i'r arfer a gweld ffrindiau, neu fod eisieu gwybod oddi wahan.

Be' hoffet gweld yn ddiwydd i dy helpu i fund yn ôl i'r ysgol?

Dyma rai dionysydau y gallai ti ddarparu i'r ysgol, a galli hefyd ddarparu'r swngod a'r hysbysu.

Yn yr ysgol, rydw i'n gallu siarad â...
Am sut i helpu i'r teimlo'n dda.

Siarad â fy athro am yr hun i beth wedi digwydd a fydd iddyn yn i'w hysbysu.

Dweud wrth fy nghyd-ddeigolion fy hun bod rhywun annwyl i mi wedi marw.

Cael eitem arbennig yn fy angen i mi gysuro fy hun.

Dyma rai dionysydau y gallai ti ddarparu i'r ysgol, a galli hefyd ddarparu'r swngod a'r hysbysu.

Worth rai o'r ffrindiau a da niid peidi am ymuno sydd wedi digwydd.

Siarad â'm hathro yngl n â lle galla i fynd pan fydd i'n teimlo'n drist ac yn colli'r sawl sy'n annwyl i mi.



IMAGISTIC.CO.UK

Daegyrry

Ymerwch anadiadau araf, a ffocus... Meddylwch am e...

5 Peth rydw i'n eu gweld
CYBELL, SIFD, HEIRYD, LLEISURAU

4 Peth rydw i'n eu clustio
PŵL, TROED, LLWISGAN, TRAPPET

3 Peth rydw i'n eu harogli
PŵSALLAU, COFFIN, MURAU

2 Peth rydw i'n gallu eu cyffwrdd
PŵS, HENYD, BRECCUANET, PŵSAR, CRYWYBETH ANEUDOL, CRYWYBETH GARGAU, CRYWYBETH LYFEN

1 Peth rydw i'n gallu ei ffrisio
MINYTS



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Ymarferion anadlu

Dilyn siâp y seren gen dy fys wrth i ti anadlu i melun ac allan.

Ymarferion hyn dy helpu i ddarparu'n dawelach ac yn fwy i ymdopi pan fyddi di'n teimlo'n bryderus neu'n drist.

Cyfrif 1 wrth i mi anadlu i'r melun ac 3 wrth i mi anadlu allan arwy dy geg...

Dilyn siâp dy law wrth i ti anadlu i melun ac allan.

Ailadrodd yr ymarfer nes byddi di'n dechrau teimlo'n well.



IMAGISTIC.CO.UK

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 \(A3 Volcano Activity\)](#)

Available now

In Articles:

[*Racial Trauma Part 1: What it is and how it impacts on children and young people*](#)

[*Racial Trauma Part 2: Developing an anti-racist approach in settings and schools*](#)

[*Representation Matters in Promoting Positive Mental Health*](#)

Available now

In Sharing Practice:

[*NEU Cymru - Wellbeing Toolkit for Education*](#)

[*Renfrewshire's Nurturing Relationships Approach*](#)

Coming Soon

- **#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'](#)

- **Self-regulation skills for young people:** a Wakelet of links to self-regulation skills/techniques for young people.

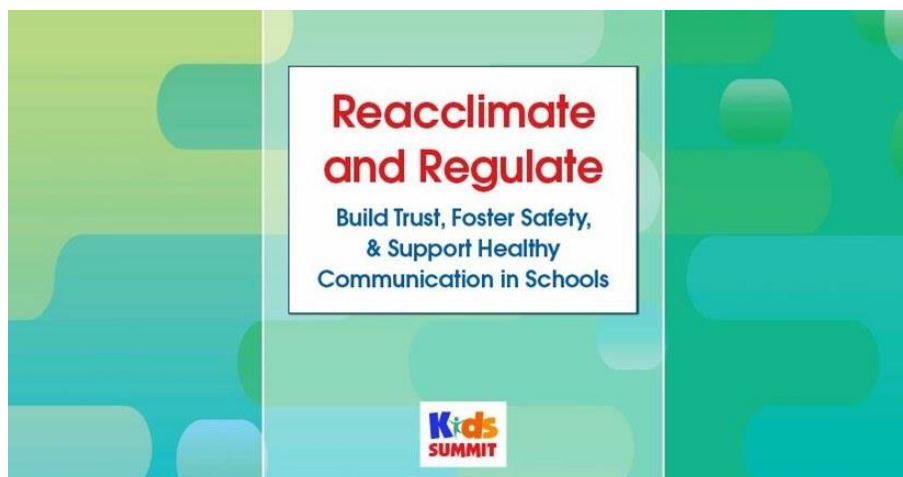
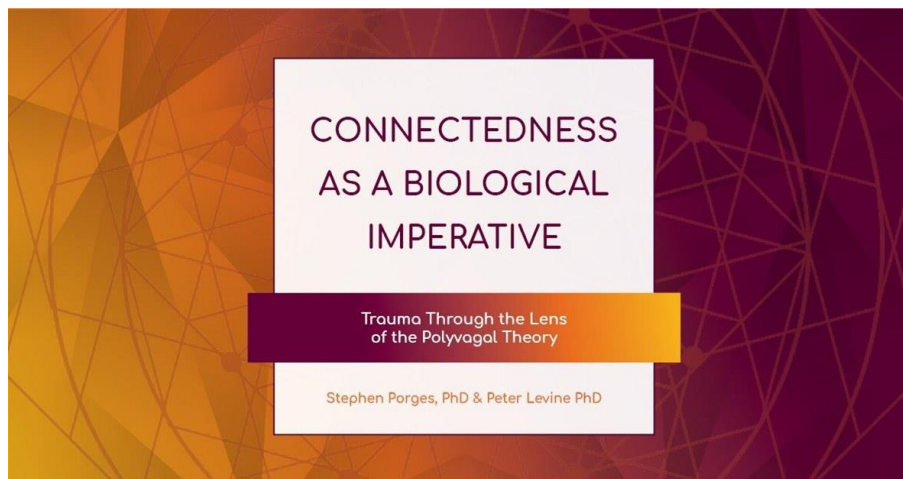
The summer holidays can bring about challenges around change in our daily routines, and the people who usually support us might not be available. This Wakelet is for young people to learn and practice new ways to feel calm and happier when they are feeling worried, overwhelmed, stressed or anxious.

Partnerships

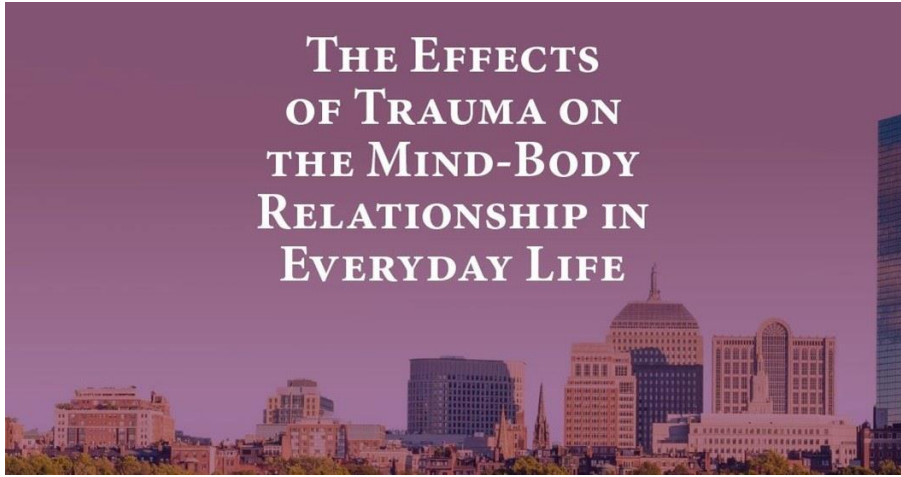


PESI UK: We are proud to work with PESI UK – the largest clinical content provider in the UK and Europe.

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



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

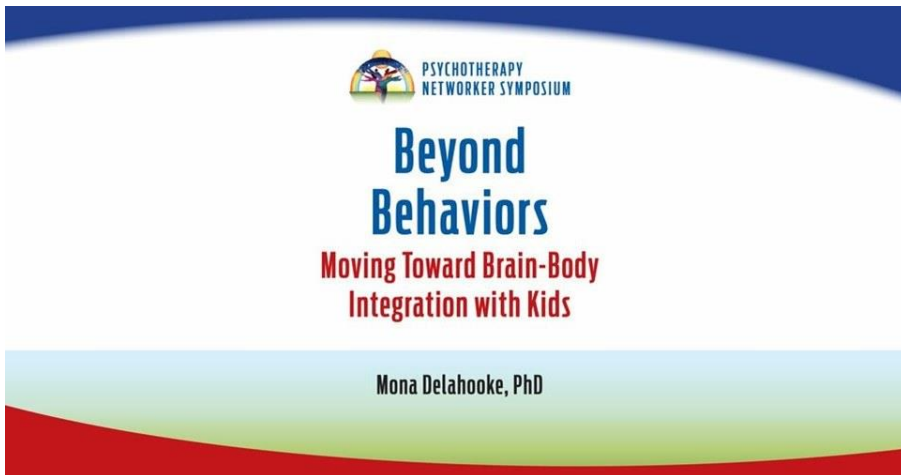


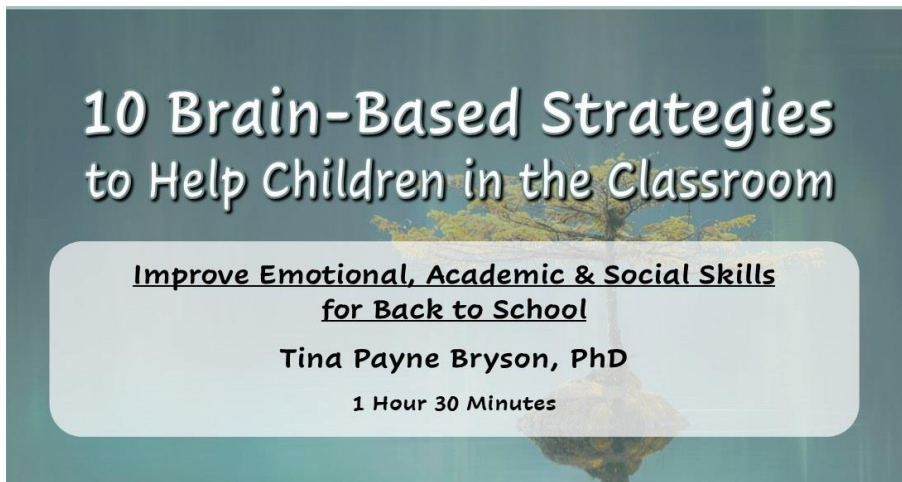
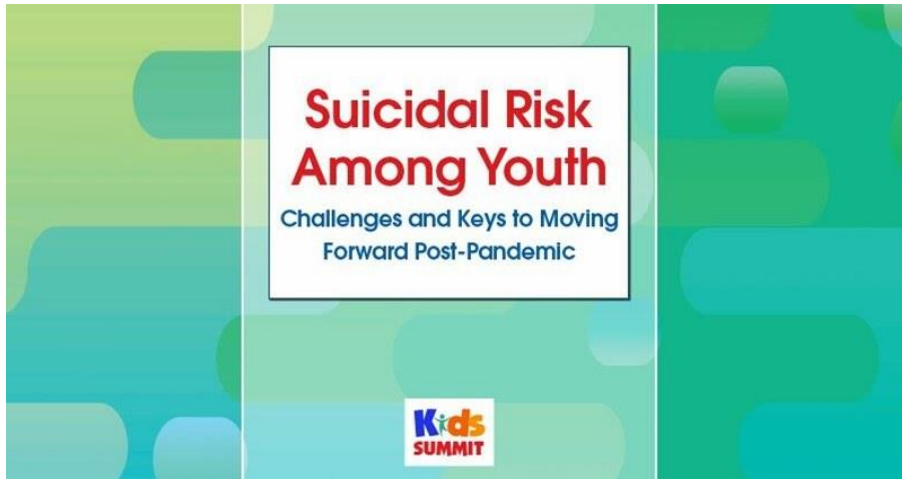
PSYCHOTHERAPY
NETWORKER SYMPOSIUM

Beyond Behaviors

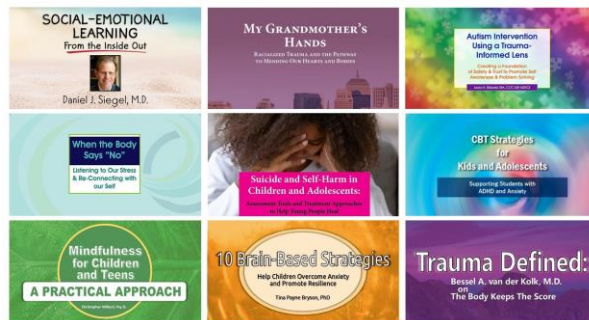
Moving Toward Brain-Body
Integration with Kids

Mona Delahooke, PhD





THE COURSES BELOW WILL NO LONGER BE AVAILABLE AFTER JULY 2023!



1 - [Courses list \(January – March 2023\)](#)

Other mental health and wellbeing news



'Defying The Odds' - Care Experience Awareness Training

(coproduced and delivered by people with lived experience of the care system)

3 evening taster sessions for those who might not be able to attend a whole day training (5-7pm on Zoom):

- Tuesday 4th July - **Session #1 Stigma and the Care World**
- Tuesday 11th July - **Session #2 Care Experience, Culture and Identity**
- Monday 17th July - **Session #3 Care Experienced History**

EVENING TASTER SESSIONS!

Defying The Odds

Care Experience Awareness Training

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

"I have had 9 years of formal training, and I do not think I have had training quite like this before"

"Amazing training! It was so powerful and thought provoking"

WHO ARE THE EVENING TASTER SESSIONS FOR?

We have planned out 5 taster sessions (below) for those who might not be able to attend a whole day on our training. We would encourage you to attend all three sessions so that you can get the most of out of our training! [Sign up here!](#)

Session #1 Stigma and the Care World

- Understand what stigma means
- Explore where care experienced people may face stigma
- Discuss the effects of stigma and unconscious bias
- Explore what makes life good?
- Learn more about how stigma is rooted within language and the power it can have

Tuesday 4th July 5-7pm on zoom

Session #2 Care Experience, Culture and Identity

- Understand how important identity is and how it shapes our view of the world
- Explore how care experienced young people from minoritized communities have additional barriers and experiences of overlapping identities
- Consider intersectionality as a way of seeing the whole person
- Explore where you can start having brave conversations

Tuesday 11th July 5-7pm on zoom

Session #3 Care Experienced History

- Celebrate a history of incredible Care Experienced people
- Learn about the history of care experienced people's rights in the UK
- Explore how far the fight for rights has come and current movements
- Receive a toolkit with tips, guidance, support and advice on being an Ally to Care Experienced People

Monday 17th July 5-7pm on zoom

WHAT WILL I GET FROM ATTENDING?

We aim for the sessions to:

- Inform and inspire you!
- Help you to understand what it means to be care experienced and learn the history of care experience
- Understand the impact of the care system and how young people's experiences and journeys differ
- Explore assumptions, stigmas and stereotypes for care experienced young people and how these can be harmful to care experienced people
- Explore and understand how you can be an Ally to care experienced young people, amplify their voices and combat the stigma of care experience and improve your practice

2 - 'Defying The Odds' - Care Experience Awareness Training

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

