



Changing childhoods.
Changing lives.

Barnardo's Education Community

Invisible Backpack Package



Invisible Backpack Package

The Invisible Backpack is a 3-part CPD package for schools and settings to deliver to staff on INSET days or during staff meetings.

BEC's support includes:

- An initial meeting to introduce the package.
- All the plans and resources you need on your own individual Padlet page.
- Training and coaching for facilitator/s.



Overall aims of the package:

- To explain the importance of a whole school relational approach in supporting the positive mental health of babies, children, and young people.
- To introduce the Invisible Backpack metaphor as a way of looking at and enabling conversations around needs and behaviours.
- To consolidate understanding of research and evidence relating to the impact of early relationships and childhood experiences on babies, children and young people, as well as on us as adults.
- To review whole school/setting practice and provision through case studies from, and evidence-based strategies used in, other schools and settings.
- To identify what you already do well and what you could do even better to develop your relational approach.
- To consider and reflect upon staff wellbeing and mental health.

The package focuses on ...

UNDERSTANDING

ENVIRONMENT

APPROACH

STRATEGIES

- What you **know** about... (understanding)
- What **values** and **ethos** underpin your work with... (approach)
- What you **create** for... (environment)
- What you **have in place** for... (strategies)

...babies, children and young people carrying invisible backpacks.

Feedback from schools and settings that have delivered the whole package:

'A focus for the school is being Trauma Informed. I found it (IBP) really helpful... it helped me to 'pull everything together' and offer this CPD to all the staff in a beneficial way.

It enabled staff, who generally focus on education and not necessarily supporting CYP with mental health and wellbeing, to see information in a new way and reflect.'

Depute Head Teacher - Knowetop Primary School

'I was blown away from the first introduction session at the support offered.

The sessions are planned so well and focus on what has worked well and getting back there which is such a positive ethos.

It fits with our relational approach, and we aim to make many adaption to our environment and strategies as a direct result of watching the videos in the power point.'

Head of Centre - Springlaw ELC