



# Newsletter March 2022



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*Welcome to the March newsletter from*

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

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## News



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**[Education Hubs](#)** - *All follow-up meetings via Zoom*

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- **Early Years Hub - Wednesday 4th May - 5:00-6:00pm**
- **Teaching Assistant Hub - Monday 9th May - 3:45-4:45pm**
- **Safeguarding/Pastoral Hub - Wednesday 11th May - 3:00-4:00pm**
- **Therapist/Counsellor/MHP Hub - Thursday 12th May - 12:00-1:00pm**
- **SEN/ASN/ALN Hub - Monday 16th May - 4:00-5:00pm**
- **Teacher Hub - Tuesday 17th May - 4:30-5:30pm**
- **Senior Leadership Hub - Wednesday 18th May - 4:30-5:30pm**

These hubs are open to any professional who falls under one or more of the categories stated. Soon you will be able to register for these follow-up meeting dates, to discuss next steps and how the members would like to take these hubs forward.



### New CPD Sessions

- **Trauma and the Body (Part 1: Perspectives and Approaches)** - This session explores: the relationship between trauma and the body, the physical and emotional impact of trauma, and how we can respond to this in a trauma-informed way.
- **Trauma and the Body (Part 2: Theory, Practice and Applications)** - This session explores: reference to Trauma and the Body (Part 1), scenario examples and theory-context links, and ways to apply a relational, embodied perspective into your practice to support children and young people who have experienced trauma.
- **Trauma and Attachment** - In this session we will explore: key concepts of attachment theory, how trauma affects attachment, what we are doing well already to support children and young people with different attachment styles, and the types of tools and qualities we can develop to enhance our trauma-informed practice.
- **Cross-Cultural Perspectives on Grief and Mourning** - This session will consider: commonalities and differences across cultures, individual perspectives on the grieving and mourning processes, and the learning we can take from each other and how we can apply this to our own contexts.

### New Content



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*CPD - Spaces for Wellbeing Programme: [Update – March 2022](#)*

*In December 2021 and January 2022, BEC invited staff across education settings to be part of the co-production of a series of workshops around Spaces for Wellbeing.*

*There will be a monthly event from April – December 2022 and each session will feature a similar format of introductions and a short presentation, followed by discussions and Q&A.*

*Follow [@BarnardosEduCom](#) on Twitter for regular updates of these monthly events.*

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**Wakelets** (Wakelet is a platform where we are able to save links, social media posts, videos, and images to create themed boards):

- [Talking about conflict and war](#)
- [Sleep and Mental Health](#)
- [Bereavement resources for young people](#)
- [Exam result stress](#)
- [The Invisible Backpack](#)
- [Supporting children around loss due to parental separation and divorce](#)

**National Events Wakelets:**

- [UK LGBT+ History Month 2022](#)
- [Children's Mental Health Week 2022](#)
- [Eating Disorders Awareness Week 2022](#)
- [Self-Injury/Harm Awareness Day 2022](#)

**Best Practice:**

- ['Tree Babies' - Forest Bathing as a Therapeutic Activity](#)
- [The PATHS® Programme for Schools \(UK Version\) - Renfrewshire ELCCs - Case Study, June 2020](#)
- [The PATHS® Programme for Schools \(UK Version\) at Holy Spirit Catholic Primary - Case Study June 2020](#)

## Events



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### *Live CPD (Continuing Professional Development) for April and May 2022*

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#### *Trauma and Attachment*

- Thursday 21st April - 4:00-5:30pm



1 - *Spaces for Listening*

#### *Spaces for Listening*

- Thursday 28th April - 4:30-5:30pm

- Monday 30th May - 4:00-5:00pm

#### *Intro to BEC*

- Monday 9th May - 2:00-3:00pm

#### *Cross-Cultural Perspectives on Grief and Mourning*

- Thursday 12th May - 4:00-5:30pm

#### *Trauma and the Body (Part 2: Theory, Practice and Applications)*

- Thursday 19th May - 4:00-5:30pm

#### *Theme of Loss: Death, Dying and Change*

- Monday 23rd May - 4:00-5:30pm

## Get involved



Ways you can get involved in Barnardo's Education Community:

- You can join the [Community of Practice](#) to network with colleagues across the 4 nations.
- You can join the [Education Hubs](#) to connect with other like-minded professionals, engage in discussions and nurture the exchange of knowledge, skills, and experience across schools and settings in the UK.
- If you would like to be involved in shaping BEC, join our **Steering Group**, please [email us](#).
- We want to make the platform useful for you as professionals; [let us know what you think](#) and what you would like to see on our website.

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*Please share the information and resources with any colleagues working within education for children and young people.*

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## Information about BEC



[Barnardo's Education Community](#) (BEC) is a website for staff across England, Northern Ireland, Scotland, and Wales, that has been set up with funding from the Westminster Foundation to support education staff in all phases of education around mental health and wellbeing.



Our priorities are:

- Supporting staff to support children and young people experiencing grief, loss, bereavement, and trauma
- Supporting staff with their own wellbeing

Our team is experienced in supporting children and young people across a variety of settings and age ranges (early years to university). There is content that is relevant for all ages, stages, and contexts, whilst other content is more specific and targeted.

The virtual space also has a [Community of Practice](#), a network formed of like-minded peers and professionals ready to support each other through the challenging and rewarding times that working within education services can bring.

There are a host of events throughout the year and [Podcasts](#) with key insights from a range of professionals.

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*We host a range of trauma-informed resources including:*

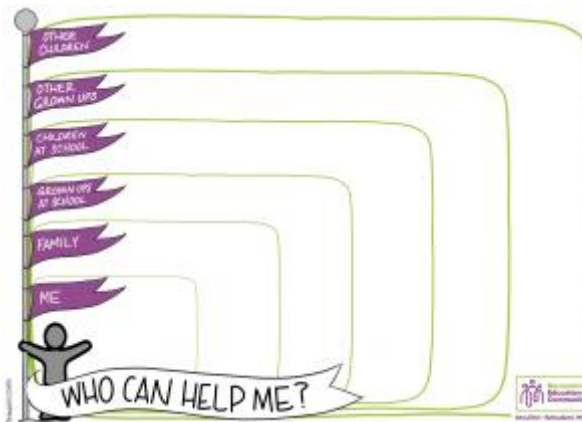
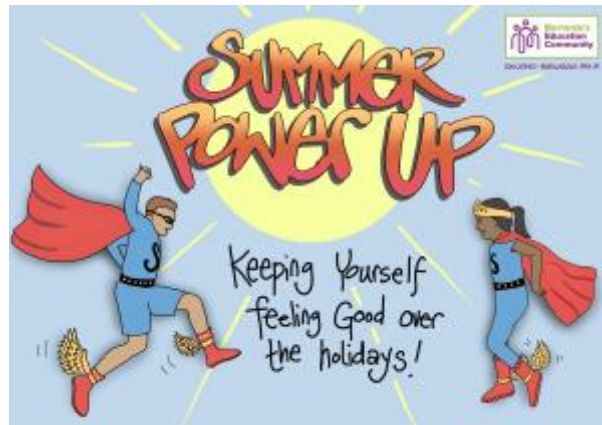
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- [Articles](#)
  - [Blogs](#)
  - [Worksheets & Workbooks](#)
  - [Pre-recorded CPD](#)
  - [Live CPD/training](#)
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**Our content is developed in response to:**

1. Emerging issues within education and wider society that impact on children, young people and their families, and education staff.
2. Priorities identified by education staff.
3. Priorities identified by young people. A Young People's group has been set up with the aim of hearing what some of these are.







# Special Memories ♥

MY SPECIAL PERSON WAS \_\_\_\_\_

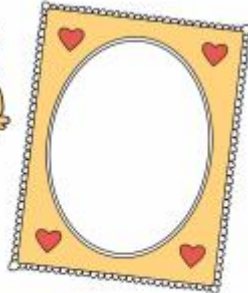
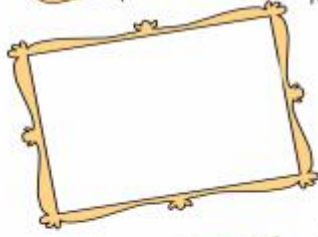


Draw a picture of them in the frame

Describe them in three words

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOGETHER WE DID THESE THINGS...



WHAT MAKES ME FEEL GOOD?



WHAT DOESN'T MAKE ME FEEL GOOD?



## BIG CHANGES AT HOME - MY PARENTS HAVE SEPARATED/DIVORCED



WHICH OF THESE CHANGES ARE YOU EXPERIENCING?



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