



# Newsletter February 2022



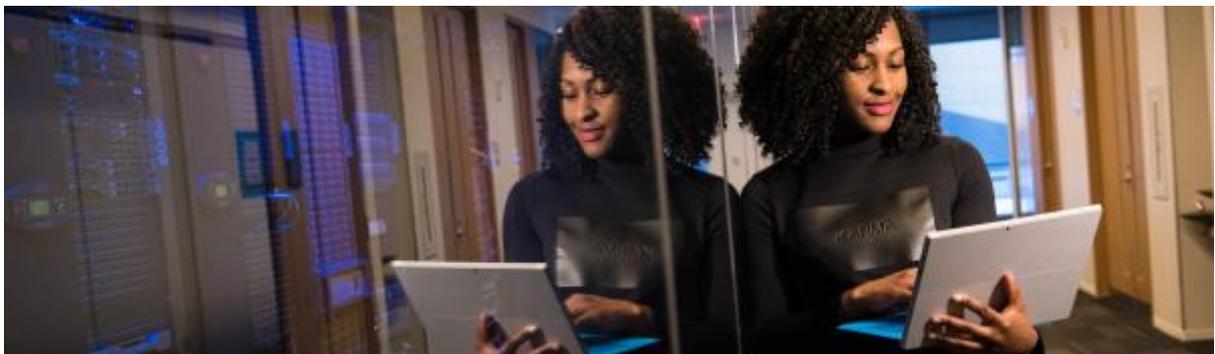
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*Welcome to the February newsletter from*

***Barnardo's Education Community***

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## News





### New CPD Sessions

- **Trauma and the Body** - 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 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.

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### Cluster Groups – Education Hubs

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**All initial meetings are at 5-6pm via Zoom:**

- [Safeguarding/Pastoral Hub](#) - **Wednesday 2nd March**
- [Early Years Hub](#) - **Thursday 3rd March**
- [Teacher Hub](#) - **Wednesday 9th March**
- [Teaching Assistant Hub](#) - **Monday 14th March**
- [SEN/ASN/ALN Hub](#) - **Wednesday 16th March**
- [Therapist/Counsellor/MHP Hub](#) - **Wednesday 23rd March**

These hubs are open to any professional who falls under one or more of the categories stated and registration is accessed via Eventbrite. We have set up dates for each education hub for an initial

meeting to make introductions, discuss next steps and how the members would like to take the hub forward.

Our new range of cluster groups are for specific roles and settings in education to encourage connections with other like-minded professionals across the UK and provide support.

## New Content



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**[Season 2 episodes 2 & 3 of the BEC Podcast are available:](#)**

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### **[#S2 - Ep2 - Barnardo's Hull Team](#)**

HeadStart Hull, a National Lottery funded project, talk about delivering the WRAP programme that was created by Mary Ellen Copeland: providing early help support for 10-16-year-olds, to improve emotional wellbeing, build resilience, to thrive in their communities, and to be able to bounce back from life's challenges.

### **[#S2 - Ep3 - Aisha Thomas](#)**

In this podcast we talk with Aisha Thomas, director of Representation Matters and former Assistant Principal (until July 2021) in a Bristol Secondary School. We discuss the important of understanding about the impact of racism and ways we can enhance our settings and schools so that the wellbeing of every child is promoted.

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***[More content :](#)***

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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):

- **[LGBT History Month 2022](#)**
- **[Children's Mental Health Awareness Week 2022](#)**

**Articles:**

- **[Trauma in Early Childhood](#)**

- [Types of Trauma](#)

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**CALL OUT for Case Studies** - we would like you to share how you have supported children and young people in your setting who are experiencing loss, grief, and/or bereavement; your experiences, your views, your positive practices, etc.

[Case Study Document](#) - Email to: [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk)

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## Events



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[Live CPD \(Continuing Professional Development\) for February & March 2022](#)

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[Trauma and the Body](#) - Thursday 24th March 4.00-5.30pm



**Spaces for Listening** provides an opportunity to reflect, share, and develop a simple, structured practice of listening based on the Spaces for Listening model developed by Charlie Jones & Brigid Russell.

1 - [Spaces for Listening](#)

[Spaces for Listening](#)

**Next available dates:**

- Wednesday 30th March 4.30-5.30

- Thursday 28th April 4.30-5.30

[Cross-Cultural Perspectives on Grief and Mourning](#) - Thursday 31st March 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 [Cluster Groups – Education Hubs](#) to connection 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 working in education; [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 services 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:*

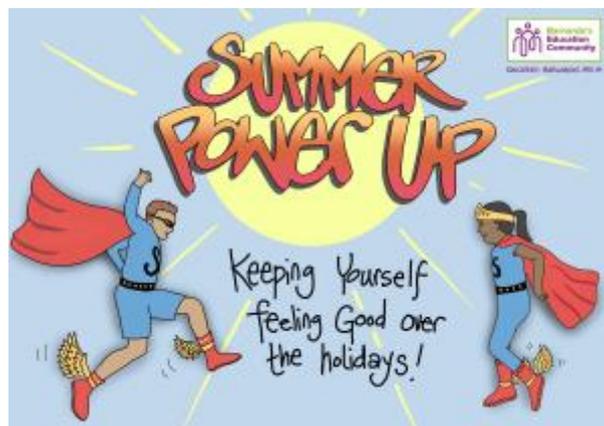
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- [Articles](#)
  - [Blogs](#)
  - [Worksheets & Workbooks](#)
  - [Pre-recorded CPD](#)
  - [Live CPD/training](#)
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**Our content is developed in response to:**

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.





OTHER CHILDREN

OTHER GROWN UPS

CHILDREN AT SCHOOL

GROWN UPS AT SCHOOL

FAMILY

ME

WHO CAN HELP ME?

### fomo- fear of Missing Out

AM HAPPY TO JOIN IN WITH...

WHY DOES IT FEEL SAFE?

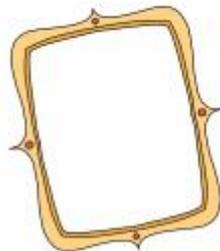
AM APPREHENSIVE ABOUT JOINING IN WITH... BUT FEAR MISSING OUT ON...

WHY DOESN'T IT FEEL SAFE?

SOMETIMES PEOPLE PUT ON A MASK TO HIDE THEIR ANGER OR WORRY. WHY DO YOU PUT ON A MASK?

## Special Memories ♥

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



Draw a picture of them in the frame

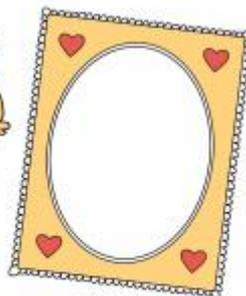
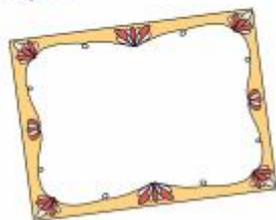
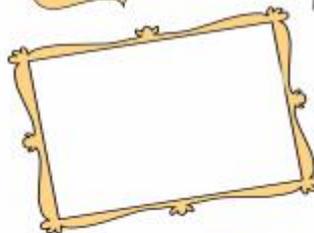
Describe them in three words

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TOGETHER WE DID THESE THINGS...



WHAT MAKES ME FEEL GOOD?



WHAT DOESN'T MAKE ME FEEL GOOD?



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



WHICH OF THESE CHANGES ARE YOU EXPERIENCING?

<p>My mum/dad lives in a different home to us</p>	<p>New/different home</p>	<p>New school</p>	<p>New mum/dad</p>
<p>I have 2 lots of clothes and other things</p>	<p>Weekends are split between my parents' homes</p>	<p>Bedtime routine is different</p>	<p>We don't do things with both our parents</p>
<p>I can't stay over with my mum/dad because they haven't got space for me</p>	<p>I feel sad sometimes now</p>	<p>I don't see my old friends every day</p>	<p>I only see my/one of my mum(s)/dad(s) at weekends now</p>
<p>I feel safer now</p>	<p>It is quiet now at home</p>	<p>My mum/dad doesn't help me with my homework now</p>	<p>My family isn't the same as my friends' families</p>

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[Access the website](#)

## Contact Us



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*Visit us on the web at*

[Barnardo's Education Community](#)

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

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