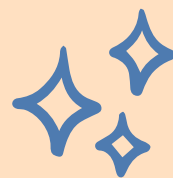


# LIGHTHOUSE NEWSLETTER



## OUR FIRST NEWSLETTER! SPRING 2024

Welcome to our first newsletter! We will send a new one each long term for all parents- so keep an eye out! We will be sharing the events and courses we have on, top tips and more! See below for more information on who we are and what we do!

### WHAT IS LIGHTHOUSE?

We are an Early Intervention service supporting children and their families within the Blue Kite Academy Trust schools.

We are made up of Family Workers, Inclusion Workers, an Educational Psychologist, Educational Welfare Officer and Trainee Play Therapist.

We work in many different ways- sometimes directly with children, sometimes with parents and carers. We also offer regular workshops, courses and 1:1 drop-in sessions for one off advice – please speak to your child's school for more information or if you feel you, or your child, may benefit from Lighthouse support.

### EVENTS

#### **FRI 19TH APRIL**

MANAGING SCREEN TIME WORKSHOP  
(1 HOUR)- 9AM AT BROOK FIELD PRIMARY

#### **THUR 25TH APRIL**

SUPPORTING ANXIETY (1 HOUR)- 9AM  
COVINGHAM PARK PRIMARY SCHOOL

#### **FRI 26TH APRIL**

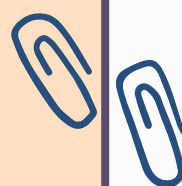
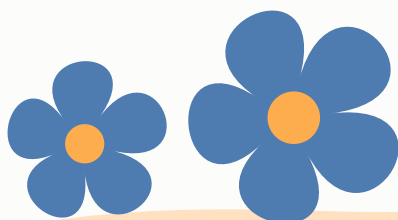
MANAGING SCREEN TIME (1 HOUR)- 9AM  
GREENMEADOW PRIMARY SCHOOL

#### **MON 29TH APRIL**

MANAGING ANGER (1 HOUR)- 9AM  
ROBERT LE KYNG PRIMARY SCHOOL

*All sessions are open to all Trust families not just those at the school it is being held in.*

*No booking required for any workshop*



## LONGER COURSES

We regularly run longer courses too - one called Happy Homes which is 4 weeks and is a condensed version of our 10 week long course, Family Links. Both focus on implementing strategies to improve all areas of family life: behaviour, relationships, understanding and more.

The next Happy Homes begins on 25th April from 5.30-7.30pm at Colebrook Infants School. This course has been very popular but if you would like to join the waiting list please email: [gwollen@bluekitetrust.org](mailto:gwollen@bluekitetrust.org) To register your interest for any future courses please email: [lighthouse@bluekitetrust.org](mailto:lighthouse@bluekitetrust.org) and keep an eye out on school newsletters and the Instagram page for future dates.

Feedback from previous courses:

*"Open, honest, fun and caring"*

*"A great, nurturing, respectful atmosphere, there is no judgement, only a space to share and get helpful solutions"*

*"I've seen a huge reduction in tantrums. We are calmer and talking more."*

## FOLLOW US!



FOR REGULAR FAMILY LIFE TIPS,  
LINKS TO USEFUL POSTS AND  
DATES FOR YOUR DIARY PLEASE  
FOLLOW OUR INSTAGRAM PAGE:

**LIGHTHOUSE\_BLUEKITETRUST**



## THIS MONTH'S TOP TIP

When your child is displaying tricky behaviour- whether that is defiance, lashing out, whining or refusing try to THINK ICEBERG. Instead of focusing on what you can see, the visible tip of the iceberg, focus on what's going on beneath the surface- with their feelings. Trying to find the feeling and supporting that is much more effective than focusing solely on their actions. All behaviours are driven by a feeling (or multiple feelings). Are they hungry, tired, feeling left out, feeling not good enough or disconnected from people. How can we support that feeling in order to reduce the actions they are displaying? The behaviour may need a consequence but come to that second- 'Connection Before Correction' is a useful phrase to remember!

## EASTER ACTIVITY IDEAS

### Easter Activities:

- Head to the 'Swindon Rocks' website to find out details of various events happening around town- both free and paid.
- Fill balloons with water and a small plastic toy and freeze to make giant frozen eggs- give your child safe tools to get the toy back out!
- Transfer toy eggs from one container to another using tongs or a teaspoon- how many can you do in 60 seconds?
- Search for the Easter themed Cosmic Kids Yoga sessions on YouTube and follow along.

## THE BEHAVIORAL ICEBERG

