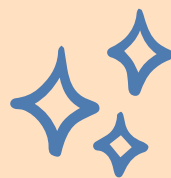


# LIGHTHOUSE NEWSLETTER



## LIGHTHOUSE NEWSLETTER! SPRING /SUMMER 2024

Welcome to our second 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 are running, 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 24TH MAY

MANAGING SCREEN TIME WORKSHOP- 1 HOUR  
9AM- ROBERT LE KYNG PRIMARY

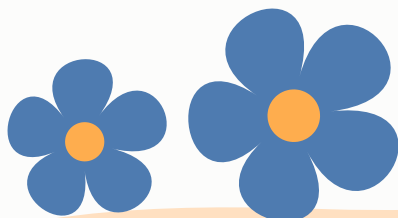
#### TUES 4TH JUNE-TUES 9TH JULY

FAMILY FOUNDATIONS 6 WEEK COURSE AT  
RUSKIN JUNIOR SCHOOL (BOOKING NECESSARY)

#### MON 15TH JULY

MANAGING BIG FEELINGS/EMOTIONS (1 HR)-  
9AM WANBOROUGH 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- just Family Foundations*



## FINANCIAL SUPPORT

The Lighthouse team recently had some training with the Advice and Financial First Aid (AFFA) team from Citizens Advice Swindon and learnt more about the many ways they can help. If you need advice about finances, they run regular drop in sessions and offer appointments where they can support with things such as:

- Checking eligibility for unclaimed benefits and help them, or give them the tools to make a claim
- Checking eligibility for grants or hardship payments and help make a claim
- Providing emergency support where needed – eg fuel vouchers, referrals to foodbank and accessing SBC Emergency Assistance Fund

[www.citizensadviceswindon.org.uk](http://www.citizensadviceswindon.org.uk)

There are also lots of places that offer Kids eat Free or very cheaply during the holidays such as:

- Asda- Kids eat for £1 with no minimum adult spend
- Morrisons- Kids eat free when adults spend £4.50 in the café
- Tesco- Kids eat free with any adult purchase in the café

See our Instagram page for more places!

## 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

How do we know a table is a table? Because growing up the adults around us would have labelled it so, 'Put this on the table.' 'Sit at the table.' This too is how we learn about emotions and feelings, with the adults around us helping to label them. ALL feelings are OK- some might not feel very nice but its healthy and normal to show a range of emotions. If we are taught to suppress and hide our feelings it can have a big effect on our wellbeing throughout life. So how do we teach our children? We try not to TELL them how they feel, but can instead suggest with sentences such as, 'Your face looks like you might be feeling a bit angry about that.' 'I wonder if this puzzle is making you feel frustrated?' You can also point it out in books and films or ask how they think that character might be feeling. Ask them a time they felt a certain emotion and share a time that you did too. Bring it into your every day vocabulary. A quote we love is, 'Labelling emotions is key. If you can name it, you can tame it.' If children can TELL us how they feel they are less likely to have to SHOW us how they feel with their behaviours.

## MORNING STRUGGLES

Many families find the morning can be a high stress point of the day. This can often be linked to children finding it hard to leave you to go into the classroom in the morning. Try some of these tips to help:

- Reduce stress and rushing by getting all items needed for school out and ready the night before.
- Have a visual chart of the morning routine for them to follow so you don't need to nag and remind! With things such as 'get dressed', 'brush teeth' etc.
- Come up with a goodbye routine with your child for when you leave them such as '2 Hugs, a kiss and a high-5' This can help as it increases predictability and reduces the '1 more hug' delaying tactics! If they are getting upset often do chat with their teacher too for more support.

## MAY HALF TERM IDEAS

- Head to the 'Swindon Rocks' website to find out details of various events happening around town- both free and paid.
- Put some masking tape around your child's wrist with the sticky part facing outwards then go for a nature walk and find things small enough to stick on to create their very own nature bracelet!
- Have a games night with team work games such as how many items can you collectively move from one bucket to another while simultaneously keeping a balloon up in the air- team games can build sibling relationships and avoid upset or competitiveness if this can be an issue!