

January Value of the Month:

Quality Using the best materials. Doing the best with those materials. Quality thoughts lead to quality words lead to quality action.

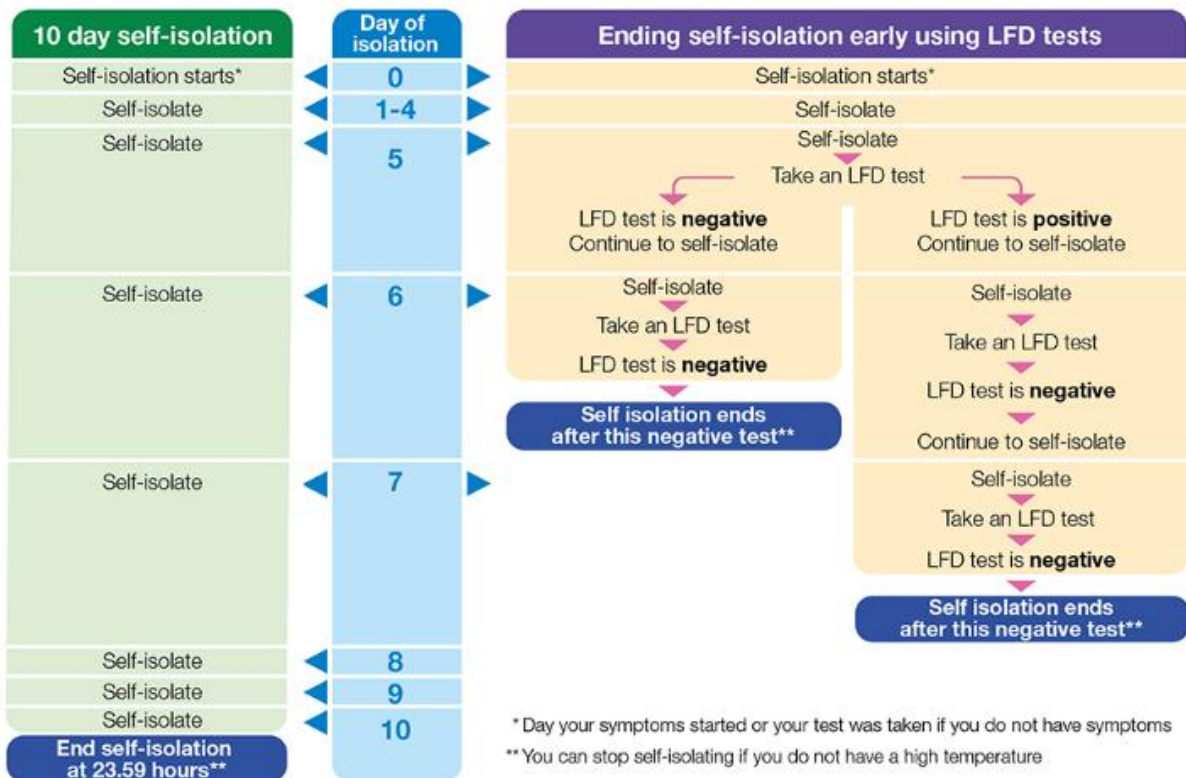


Covid 19 Test Results

The new guidance states that anyone who has been a close contact of a positive Covid-19 case (even if they are fully vaccinated or under 12) now needs to complete a daily lateral flow test for 7 days, regardless of the variant.

We have had a **significant** increase in **positive COVID cases** in our school and a warn and inform letter has been sent to all parents last week. We are juggling an increase in staff absence so please bear with us at this time. Your child may not have their usual teacher or TA teaching them.

Please see guidance below which explains isolating after testing positive for COVID.





Children's Mental Health Week 7th-13th February

Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together. During the week the children will be participating in activities in their classes to help them understand how we grow emotionally and how we can look for ways to help each other grow. On Friday 11th February there will be a non-uniform day, with the theme 'Dress to Express'. Please see the attached poster for details. More about Children's Mental health Week can be found on the Place2Be website: <https://www.childrensmentalhealthweek.org.uk/>



On-line safety

Please see below advice for parents about whether your child is ready for social media.

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>



Online Youth Club

Come join us in this free online youth club, our youth club focuses on the '5 steps to Mental Wellbeing' through fun engaging activities. For each step you achieve you will receive a badge, there is three sets to collect.
All new members will receive a free resource pack.

BE ACTIVE

LEARN NEW SKILLS

CONNECT WITH OTHERS

GIVE TO OTHERS

MINDFULNESS

Book Now's

<https://www.eventbrite.co.uk/o/swindon-trailblazer-project-me-outreach-team-32372666431>

Believe in children
Barnardo's

project
me
getting
back to
being
me

NHS
Bath and North East Somerset,
Swindon and Wiltshire
Clinical Commissioning Group

Dates to remember:

31st January Dance Festival @Wyvern Theatre
postponed new date 1st March

4th February NSPCC number day

7th February-13th February Children's Mental Health Week

8th February Safer Internet Day

18th February End of term 3





POP UP EVENTS, COMPETITIONS AND MORE!

Part of our role is to break down the stigma of mental health and raise awareness of what is locally available for young people and their families to access.

To do this we engage in community events such as festivals, work with external agencies such as the local parish youth workers and provide free trails in our local parks and open spaces during out of term holidays.

OUT OF TERM ACTIVITIES

During school holiday's we aim to run larger projects where young people have the opportunity to learn more about the five steps to mental wellbeing in a fun and interactive way, as well as having the opportunity to meet and make friends. We work with all young people aged 5-19 who are residents or access education within the Swindon Borough.

WANT TO KNOW MORE ABOUT WHAT WE DO?

CONTACT US HERE:

Outreachprojectme@barnardos.org.uk

or call us

Tamara - 07783847583

Saxone - 07395712261

Hardeep - 07708492379

Find us on Facebook by searching 'Barnardo's Swindon Trailblazer'

Scan me to go to our Facebook page!



Scan me to go to our Eventbrite page!



THE OUTREACH TEAM

WHO ARE WE?

Tamara Howell



ABOUT THE OUTREACH TEAM

The Outreach Team works within the community to raise awareness of mental health issues and promote healthy mental wellbeing. They also help children, young people and families, who might otherwise find it difficult to access mental health support, by introducing them to other local professionals, charities and organisations.



Hardeep Lyall

OUR AIMS

- 1) Help and support children and young people and their families/carers who find it challenging to engage with services
- 2) Connect service users with local professionals, organisations, charities, so they can overcome their current life obstacles and lead a happy, healthy life
- 3) Raise community awareness of mental health issues
- 4) Help service-users overcome the stressors in their lives such that they can function at a higher level
- 5) Promote healthy mental functioning

Saxone Barton



TERM TIME ACTIVITIES

During term time we run various projects for 5-19 year olds that are based on the five steps to mental wellbeing.

- Online Youth Club
- College Enrichment Drop-in Sessions
- Sign-posting (we aim to sign-post children, young people and families all year round)
- Detached Work
- Assemblies and much more!

We run regular competitions, one off events and more (which often includes some freebies!).

