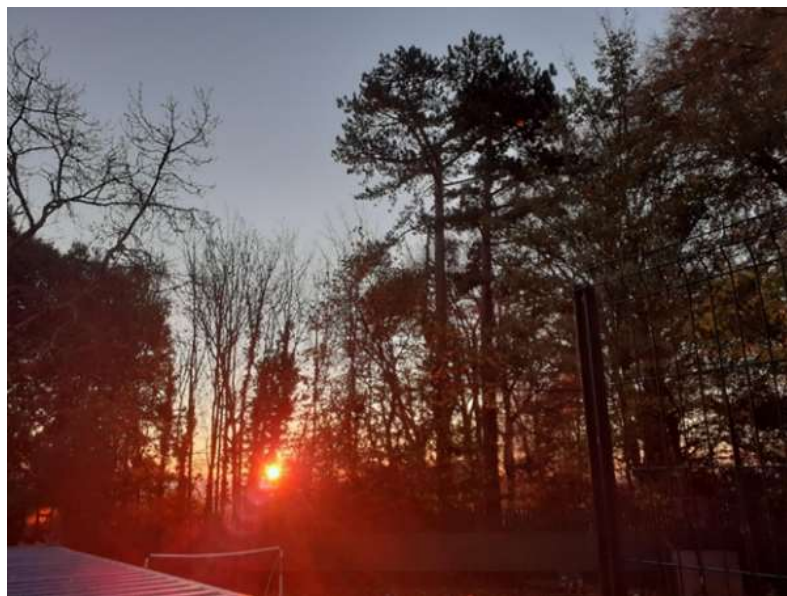


# BLS BULLETIN – FEBRUARY 2022

It has been another busy half term with an unusual end! Please stay safe and cosy indoors today. Thank you as always to our parents, carers and families for your understanding, hard work and support.



## Vocational Courses

These courses are usually available from Y9. Please contact Mr Credginton - [jcredginton@barleyleane.devon.sch.uk](mailto:jcredginton@barleyleane.devon.sch.uk) or 07860 846267 if your child is interested in attending one of these courses.

On offer at BLS

ICT  
Art  
Photography  
Catering  
Protective Services

On offer through Combe Pafford

Barbering  
Automotive Mechanics  
Construction  
Animal Care  
Catering

## Protective Services – KS4 (Y10 and Y11)

The purpose of this qualification is to provide an insight into the uniformed services as a potential area for employment. The key focus is to develop new technical skills for learners to attain a foundation of technical skills required in the uniformed protective services such as the police service, fire service and armed forces. This will inevitably support progression to an apprenticeship in the uniformed protective services such as the:

- Army
- Navy
- RAF
- Prison service
- Fire and rescue service
- Police

Our students will undertake challenging tasks throughout the course which will demonstrate team work, leadership, integrity, determination and the ability to build confidence in a safe and fun environment. Students will be completing work onsite and offsite in such locations as Dartmoor and surrounding areas of Exeter. The ability to map read and use a compass will be one of the challenges our boys will have to overcome as they are expected to complete an expedition at the end of the course to successfully pass.

# Happy Families, Happy Futures

## Who's it for?

We can support anyone who has a significant caring responsibility for a child, including parents who are:

- in a relationship
- separated or divorced
- biological or step-parents
- foster or adoptive parents
- same sex parents



## Is this for me?

- Do you feel listened to by the other parent?
- Do your arguments seem to go round in circles?
  - Can conversations make you feel tense or frustrated?
  - How do you react?

## How can Happy Families, Happy Futures help?



## How we support parents

We offer free, flexible support and aim to work with you to agree how we can best help you.

We can help with things like transport or childcare to make it possible to attend sessions.

Support can either be delivered in one to one sessions, or as part of a group.

## What next?

Once you've completed a referral with a trusted staff member or worker, we'll contact you to arrange an initial appointment.

At the appointment you can:

- meet with a family support worker
- ask questions
- decide if it's right for you

Referrals can be accepted until 4<sup>th</sup> March. Please contact Helen Kidney if you are interested – [hkidney@barleylane.devon.sch.uk](mailto:hkidney@barleylane.devon.sch.uk) or 07848 028342

## Snippets

These are being shared through Class Dojo. They include all the latest information about local services, training and freebies available to families that have children with additional needs. Well worth a read.

## ADHD Information

Mr Sprague shared [this](#) article with the team. Understood.org is also a really useful website that includes video clips, one-page fact sheets and simulations through a child's eyes. The ADHD page can be found [here](#).

## Online Safety

Thinkuknow have created an [article](#) about social media for parents which includes useful video clips. [Common Sense Media](#) has information about books, apps, games, films and TV shows and guides on all the most popular social media sites.



## Early Help

### What is Early Help?

Early Help is the extra support your family can get if you need it. It may be that you want to prevent a problem, or change things for your family before the problem becomes more serious.

It is not a specific service or team, it's an approach that brings together people from a range of services and teams who will work together with your whole family to help improve the situation for everyone.

It can offer support to families from pre-birth to adolescents with all sorts of issues from parenting, employment and school attendance to emotional wellbeing or anti-social behaviour.

"I was experiencing mental health difficulties, my husband was misusing drugs and my two year old had developmental delays. Early Help meant we could all get the support we needed as a whole family."

"My teenage daughter was out of control and getting into all sorts of trouble. I felt lost, but the support both of us received through Early Help got us back on track."

### Why would I need Early Help?

When one person in your family has a problem it often affects everyone else too.

You may be worrying about someone's physical or mental health, a disability or special need, being a carer, domestic abuse, alcohol or drug misuse, harmful behaviour or involvement in crime.

It could be your child, a young person or another adult, but if the whole family is supported as soon as possible to help cope with their difficulties it's more likely that things will improve and everyone will be happier.



### How does Early Help work?

By identifying and building on your strengths as a family we can help and support you to find long term solutions to your issues, as well as developing your skills to help you manage any future challenges.

You will have one main point of contact. This could be someone you already have a good relationship with such as a youth worker or health visitor. They will be known as your lead worker and they will help you access the services you need quickly and easily.

The information you and your family provide will only be shared with the people who need to know about it, and only with your permission. You and your family will be central to drawing up your goals, and we won't make any decisions without your involvement.

Please contact Helen Kidney for more information – [hkidney@barleylane.devon.sch.uk](mailto:hkidney@barleylane.devon.sch.uk) or 07848 028342.

## Support for Parents and Carers



**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

Self refer online at  
[www.TALKWORKS.dpt.nhs.uk](http://www.TALKWORKS.dpt.nhs.uk)

0300 555 3344  
[www.TALKWORKS.dpt.nhs.uk](http://www.TALKWORKS.dpt.nhs.uk)

NHS  
Devon Partnership  
Well Trust

TALKWORKS: This is a free NHS service. They currently offer the following workshops: Sleep, Introduction to Mindfulness, Talking Health and Stress. For anyone who would like to attend a Wellbeing workshop, call 0300 555 33 44 to reserve a place. More information about the services can be found [here](#).

YoungMinds Parent Helpline: Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more [here](#).

## BLS Parent and Carer Online Workshops

Due to low uptake, these sessions will be stopping for now. In the meantime, if there are any topics you would be interested in learning more about, please get in touch.

## Online Parents and Carers Evening

This is taking place on Tuesday 8<sup>th</sup> March. Information has been shared via School Gateway and Class Dojo. If you haven't booked your place already, please get in contact with your child's class teacher. There is also the opportunity to speak with subject teachers.

## Covid Testing

Thank you for continuing to encourage your child to test twice a week. Please let us know if you are running low on lateral flow tests and we will send some home with your child.



Have a good week. We look forward to welcoming the boys back on Monday 28<sup>th</sup> February at 10.30am. 😊

Best wishes,

Mrs Alyssa Lee

PSHE/Mental Health and Wellbeing Lead

alee@barleyleane.devon.sch.uk, 078484 57269