

# LIGHTHOUSE NEWSLETTER



## Summer 2024

Welcome to our last newsletter of the academic year! 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.

### Courses

We currently run the following courses/workshops regularly and these will begin again in September- dates will be sent out by schools as well as being advertised on our Instagram page.

- Managing Screen Time
- Supporting Big Feelings: Anxiety
- Supporting Big Feelings: Anger
- Eating Well
- Sleep
- A six week ‘Family Foundations’ course which has practical ideas to improve behaviour, relationships and more within the family home

We are also looking into creating one around siblings/family dynamics, If you have any ideas for further workshops which you feel would be useful please email us with your suggestions on:

[lighthouse@bluekitetrust.org](mailto:lighthouse@bluekitetrust.org)

## THIS MONTHS TOP TIP

Screens! A really useful tool for getting things done with children in the house but also, often, a cause of arguments and upset. With the summer holidays coming up its likely that, for a lot of children, their screen time will increase. Here are some top tips for managing this:

- Have a clear time boundary around screens but, where possible, have some flexibility with this. Imagine if you were watching a mystery film and just as the 'big reveal' was coming up someone said, 'Right, times up, off it goes!' - you would likely feel very frustrated!! Sitting with your child not only helps you find a good time to turn it off- helping them to recognise this too- but it helps you connect with their interest and also understand more about it from a safety perspective too.
- Have an activity set out for them to come off to. Screens do the entertaining for your child so it can be tricky for them to then come off and find fun independently. Try and set something quick and easy up for them to move on to- play-doh, a water tray, an obstacle course outside, a walk to the park.
- Try to encourage screen time use away from You Tube (especially shorts!) which are made to be totally addictive- and more towards low stimulation shows or age appropriate films. They are much easier to come away from as they don't give such a huge dopamine hit that is then very hard to put down and stay away from !

## FOLLOW US!



For regular family life tips, links to useful posts and dates for your diary please follow our instagram page:

**lighthouse\_bluekitetrust**

## SUMMER HOLIDAY PLACES TO VISIT

- Lotmead Farm for fruit picking and a fun playground
- Skate Parks- Rivermead or Haydon Wick
- Jubilee Lake, Lydiard Park, Coate Water or Old Town Gardens
- The libraries often have lots of free events on over the summer holidays
- Swimming- The Link Centre, Dorcan, Highworth Rec, Cricklade Leisure centre or Cirencester Open Air Pool
- Steam Museum
- Freedog- Assault course
- Soft Play- Jolly Roger, Jungle Kingdom, Studley Grange Soft Play
- Studley Grange Butterfly World
- Rock Star Climbing
- Shaw Ridge- Bowling, Cinema or Laser Quest
- Link Centre- Soft play, trampolining and ice skating
- Roves Farm
- Dragonfly Boat Trips- Wichelstowe Canal
- High Score Arcades in the Brunel Centre
- Football Fiesta in the Brunel Centre
- Swindon and Cricklade Steam Railway
- See our last newsletter for places to eat for free or very cheaply with children during the holidays
- See our additional page for events going on over the summer holidays. Visit 'Days Out With the Kids' website or 'Days out For Kids Swindon' Facebook page for ideas further afield!

## SUMMER HOLIDAY NO SPEND/LOW SPEND

Six weeks can be a long time to fill and the cost can soon rack up! Keep an eye on our Instagram page where we will share any further local events that might be of interest. Here are some free/cheap ideas to fill some of the days!

- Download 'Playground Buddy' to discover new parks. If you know of an area with lots of parks (North Swindon is great for this!) let your child choose left or right every time the road or path forks and then play at every park you find on your way. Take a picnic!
- Check Swindon Rocks- Summer Holidays for lots of free events, including weekly music concerts at Town Gardens, Old Town.
- Collect lots of leaves and thin twigs on a walk and then put them into a big bowl for snipping and snapping. Add spoons, water and paints for potion making.
- Hold a family Sports Day- egg and spoon races, water balloon relay races and obstacle courses!
- Get a big paint brush and a bowl of water and 'paint' the fences or walls outside. Or chalk first and then wash off with the brushes.
- Have a theme day- such as rainbows- and do some crafts, games and meals based around the theme.

# SUMMER HOLIDAYS: LOCAL EVENTS

Here are some activities that we have heard about that you and your children may enjoy over the summer break. They are not directly recommended by us but we hope that there will be something for everyone!

Wishing you a happy summer, from the Lighthouse Team 😊

- Swindon Libraries Summer Reading challenge. This year's theme is "Marvelous Makers". To sign up or for more details of local sessions including those designed for children with Special Educational Needs please see the website above or visit your local library.
- Little Seedlings Club Summer Holiday Workshops, Dobbies Garden Centre, Hyde Road, SN2 7SE. Workshops on how to create butterfly friendly gardens. You need to pre book sessions via their website.
- 10 Green Bottles open Day-Berkeley Farm Wroughton,SN4 9AQ. August 3rd. FREE to go along and meet some Guernsey Cows and see how a dairy farm runs.
- Castle Eaton Scarecrow Trail. 17 August – 3rd September. FREE to go along
- Go Wild Fun Day, St Micheal's Park, Cirencester GL7 1JT. 29th August, 2-2:40pm, Circus skills, arts and crafts and more, free entry but pre-registering is preferred.
- Messy Monkeys Summer sessions, Friday 9th August and Thursday 15th August. See the Messy Monkey's Swindon Facebook page for details of how to book. £8.50 per session.
- Lego Club, every Saturday 10:30am-12:30pm Wroughton Library, FREE!! Wroughton Community Library, SN4 9LW.
- Animal Trails across Swindon from 26th July-8th August. Pick up a leaflet from Central library, Old Town Library, Coate Water Café, Lydiard park Café or the STEAM Museum or download one here to join in. FREE!!
- Calf 2 Cow- Free Outdoor performance, 'The Wave', at Queens Park on Sunday 4th August, 2- visit the Town Gardens website to book free tickets.