

# kaleidoscope

*'Building confidence and self-esteem in children, young people and adults'*



## Newsletter

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**Welcome to our first newsletter. It is only fitting that we start with a word from the founder and director of **kaleidoscope**, Anne Lubbock.**

Hello Everyone

Welcome to the very first official Kaleidoscope Newsletter. A long time coming .....but a strong accolade to the fact that we are all so busy as the work in Kaleidoscope grows.

A special introduction and thank you to Julie Goode for taking the time during her leave from secretarial duties at the Milton Keynes Music School to help make this newsletter happen. Julie has designed a framework for our newsletter which is easily accessible and cost effective whilst being attractive and informative.

We hope to produce a newsletter once per term. In subsequent newsletters we certainly hope to share your stories, ideas, and celebrations and even pose questions for us to answer regarding your practice in Kaleidoscope. So please email them to us.

In each issue we hope to:

- Share up to date developments in Kaleidoscope
- Update our list of accredited registered practitioners
- List all official Kaleidoscope rooms around the country
- Publish your stories and pictures
- Celebrate your Kaleidoscope work by reporting on a visit to a different Kaleidoscope school or setting each time
- Include an article from a guest Kaleidoscope associate
- Answer your questions regarding the Kaleidoscope method and principles
- Share ideas for new activities
- Give information and dates of forthcoming training events associated with Kaleidoscope

In order to keep costs down most of you will receive this newsletter by email– so if at all possible we hope you will be able to print it off in colour and share with your colleagues by placing on your notice board, coffee table or passing on to any one you feel may be interested to read about our work.

If receipt by email is a problem for you let us know and we will post a copy to you. The newsletter will also be available on the Kaleidoscope Website.

Please inform us if you have any suggestions for how we can improve the newsletter either in format, information gathering, content or distribution. We aim to be as inclusive as possible.

I would like to take this opportunity to thank everyone who has contributed to Kaleidoscope in any way over the last few years and especially to those of you who have given up your own precious time to get involved with training, studying and most importantly actually addressing children's emotional and spiritual wellbeing through the Kaleidoscope principles and method.

It is your understanding, love, and quality time with children and young people that makes the difference. By feeling good about themselves children are more able to form positive relationships. Confidence and self-esteem is the greatest gift you can give any child.

Hope you enjoy the newsletter. Look forward to hearing from you soon.

**Stay colourful!**

*Anne*

## kaleidoscope In Foundation Stage

### Jan Frost Teacher contributes her experiences with this age group:

Last year, whilst doing the Certificate Course, I was working in Foundation stage at **Loughton Manor School**. We were lucky enough to have a designated kaleidoscope room and decided that all of Foundation stage should have the opportunity to experience it. I wasn't sure at first how it would work with such young children but soon came to realise the benefits.

We put the children into small groups and took it slowly, familiarising them with the room, setting realistic ground rules and focusing at first on relaxation. Gradually we added more and the children loved it. It seemed to me that they appreciated some time out from the hurly burly of their day.

From a curriculum that often seems to be all singing, all dancing it was a special time just to

'be'. For those children having difficulty with their behaviour there were special benefits but without doubt it was a special time for each and every one.

This year I am just doing PPA cover at **Ashbrook Infant School** but to my joy have a short session of kaleidoscope, again with foundation. Not knowing the children as well as when I had my own class I wasn't sure how it would be.

Actually it is great. It has given me a greater insight into the little characters that I see only once a week and has helped us to develop a 'bond'. As before, they seem to welcome the time out, especially those that are always on the go. We are adding bits gradually but they love it and I am enjoying sharing in their delight.

Kaleidoscope and Foundation Stage are meant for each other.

## What Can kaleidoscope Do For Your School?

After receiving a glowing report from Ofsted, Cathy Higgins, Head Teacher at **Oxley Park Primary School** told me "the inspectors verbally reported on the impact kaleidoscope has on the success of the school. It is much more than just the room itself".

The Ofsted report said that "All pupils have access to a kaleidoscope room based on colour and light therapy where they can relax and reflect on their difficulties and determine strategies for improvement".

Fascinated to find out more about what is happening I visited the school recently. I learnt that there is a dedicated kaleidoscope room – big enough for about 10 children and an adult, with all the equipment needed to create that relaxing but stimulating environment. Everyone in the school has access to the room as well as a schedule of one to one use with children with

SEN. It is used regularly by all the teachers and children in the school. Each class also uses kaleidoscope methods in the classroom at the end of the day to reflect on their learning.

"It is all about empowering children" says Dawn who kindly spent an hour talking to me about kaleidoscope and showing me around the school.

The lasting impression I have will be the two bright, smiling girls who popped their heads into the kaleidoscope room to see what was going on and to proudly show their older friend what was there. I could see the magic in their eyes – the kaleidoscope room is obviously a very special place.

**Robbie Macpherson**  
**Chartered Psychologist**

## kaleidoscope Autumn Gems for Growth

Notice which landscapes best reflect your inner soul and recharge your batteries and spend as much time in them or around representations of them. *Caroline Reynolds*

“Whether you think you can or you think you can’t you will always be right!”  
*Henry Ford*

## kaleidoscope Steering Group (KSG)

The kaleidoscope Steering Group (KSG) exists to develop kaleidoscope and its application for the benefit of young people. KSG aims to support the training and work of kaleidoscope practitioners and to promote the approach in schools and other establishments dealing with children and young people.

KSG works to support kaleidoscope in the following areas:

- Promoting research and evaluation of kaleidoscope projects
  - What is the impact?
  - Which young people are best served by kaleidoscope?
  - What elements of the programme have what effects?
- Developing kaleidoscope
- Refining the programmes in response to evaluation work
- Identifying best practice and disseminating it amongst practitioners
- Ensuring ‘early intervention’ in kaleidoscope as a preventative of low self-esteem
- Supporting practitioners and helping their personal/professional development
- Communicating information and news about kaleidoscope
- Marketing the growth of kaleidoscope, particularly into initial teacher training
- Securing grants to help professionals train in the kaleidoscope method.

## Steering Group (KSG) Members

Many thanks to Robbie Macpherson, Chrissie Vernon, Karen Roberts, Linda Hoggen and Dr Lyn Dawes for their time and active support over the last year.

Please contact any of us to find out more – particularly if you would like to join us.

## Qualified Registered kaleidoscope Practitioners

### Registered Practitioners September 2006

Jane Badger – Head teacher, Southbrook Infants, Daventry, Northants [head@southbrook-inf.northants-ecl.gov.uk](mailto:head@southbrook-inf.northants-ecl.gov.uk)

Mandy Barton - Link learning Mentor Lincoln [mandybarton@westonhill.linc.sch.uk](mailto:mandybarton@westonhill.linc.sch.uk)

Gill Clarke - Associate Advisor MK [gillclark1000@hotmail.com](mailto:gillclark1000@hotmail.com)

Angie Cleary - Walnuts Special School for Autistic Children [angelacleary54@tiscali.co.uk](mailto:angelacleary54@tiscali.co.uk)

Jane Ellison- Teaching Assistant – Moorfield Primary, Stockport [janeellison@talktalk.net](mailto:janeellison@talktalk.net)

Tracy Fielding – Deputy Head teacher Christ the Sower [TracyRF1@aol.com](mailto:TracyRF1@aol.com)

Jan Frost - Class Teacher MK [Janfrost@hotmail.co.uk](mailto:Janfrost@hotmail.co.uk)

Rachel Gasher Lead Learning Mentor MK [Rachelgasher@yahoo.co.uk](mailto:Rachelgasher@yahoo.co.uk)

Judith Gerrity – Teaching Assistant – Moorfield Primary, Stockport [judi.gerrity@virgin.net](mailto:judi.gerrity@virgin.net)

Sally Megram – Early Years Consultant MK [sally.megram@milton-keynes.gov.uk](mailto:sally.megram@milton-keynes.gov.uk)

Paula Moore - Outreach learning Mentor MK [danandpaulamoore@tiscali.co.uk](mailto:danandpaulamoore@tiscali.co.uk)

Karen Roberts – Deputy Headteacher Water Hall MK [Karenlesleyroberts@yahoo.co.uk](mailto:Karenlesleyroberts@yahoo.co.uk)

Chrissie Vernon former Headteacher [chrissievernnon@hotmail.com](mailto:chrissievernnon@hotmail.com)

Liz Whalley – Headteacher, Cherry Trees Children’s centre [Lizwhalley@rocketmail.com](mailto:Lizwhalley@rocketmail.com)

Jacqui Wheeler - Special Needs Consultant MK [mailto:jetwh66@aol.com](mailto:mailto:jetwh66@aol.com)

## Official kaleidoscope Rooms

Ashbrook First School – Milton Keynes  
Cherry Trees Nursery and Children's Centre – Bedford  
Christ the Sower Primary School - Milton Keynes  
Downs Barn Infant School – Milton Keynes  
Drayton Park Primary School – Milton Keynes  
Loughton Manor First School – Milton Keynes  
Moorfields Primary School – Stockport  
Oxley Park Primary School – Milton Keynes  
Pepper Hill School – Milton Keynes  
Shepherdswell Infants School - Milton Keynes  
St James Infants School – Daventry  
Walnuts Special School - Milton Keynes  
Waterhall Primary School – Milton Keynes

## Official Mobile kaleidoscope Environments

Holmwood School - Milton Keynes  
Milton Keynes Early Years – Galley Hill Education Centre  
Milton Keynes Excellence Cluster – St Bernadette's School  
Milton Keynes Pupil Referral Unit – Romans Field Special School

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## kaleidoscope Questions And Answers

### Question:

**Can we new swap ideas for Self - Esteem Games with other practitioners?**  
*Moorfield Primary, Stockport*

### Answer:

This is a really good idea. Even better if you send them to us and then we publish them in the next newsletter. That way everybody is included in the swaps.

It is also important to remember that Kaleidoscope Self – Esteem Games are specially chosen because they follow certain principles.

Please check that yours do. These are:

- Very little academic or physical skill is required to partake
- Instructions are quick and simple
- Children are told what the game involves before the game commences
- Everyone gets a turn – something special happens for those who don't get a go or are the last person (for example in Rainbow Maker the last person gets to sprinkle everybody with the stardust)
- Resources for games are different from those found in the PE cupboard or the classroom (for example very large things or very tiny things, spiky rainbow ball instead of a tennis ball)
- Nobody has to volunteer or be picked by the adult leader. The first child to take a turn is selected by passing the Kaleidoscope and stopping the music or by spinning the pirate bottle (they can of course turn down the offer)
- Nobody is required to put their hand up at any stage to indicate they know something or want to do something during the game
- No sarcasm is ever used in these games
- The size of the group promotes the above principles
- Children enjoy the game!!

We look forward to sharing your new ideas. Thank you.

## Measuring the Impact of **kaleidoscope**

**There are six Diploma students being led by Dr Lyn Dawes of Northampton University. She writes:**

“Last autumn we developed plans for action research into a range of topics around children’s experience of Kaleidoscope. This term the students are collecting data by working with their target group of children. Next they will analyse their results and prepare their findings for presentation. You’ll see from the brief summaries below that there is a wide and exciting range of the topics under investigation.

**Chrissie Vernon – Headteacher, Drayton Park Primary School, Milton Keynes**

- Does the Kaleidoscope experience of raised self-esteem make a difference to pupil attainment?
- I would like to investigate whether the Kaleidoscope experience itself can have an impact on learning in terms of raised standards and whether the evidence for this can be measured rather than be merely anecdotal.

**Gill Clarke – Education Consultant/Adviser for Milton Keynes**

These are questions I am investigating:

- Does a great understanding of the Kaleidoscope method by the mothers of the children impact on their understanding of their children’s learning?
- Does involvement with the Kaleidoscope method help mothers to be more aware of their own human needs and therefore impact on a greater understanding of their children’s needs?
- Does the involvement in the Kaleidoscope method help to alleviate the anxiety around their child’s learning?

**Tracy Fielding – Deputy Headteacher, Christ The Sower Primary School (4-11), Milton Keynes**

I am focusing on the impact of Kaleidoscope on attainment in writing of underachievers. Children in Years 3 and 5 have been identified as underachievers, particularly in writing – much of this is from a lack of confidence and self-esteem. I will

use Kaleidoscope as a means of increasing confidence and as an approach to raising attainment in writing in the classroom.

**Karen Roberts – Deputy Head, Water Hall Primary School, Milton Keynes**

I work with four Year 5 pupils who have displayed traits of low self-esteem and are not making the expected progress. Their behaviour causes disruption during lessons and is preventing other pupils from learning. I will run Kaleidoscope sessions with the core group, initially individually, with the intention of bringing them together as a group. I hope to improve the behaviour of the core group by raising their self-esteem.

**Jacqui Wheeler – Co-ordinator For SENDIS/Inclusion, Milton Keynes**

My project asks “to what degree does the use of multi-sensory stories through a Kaleidoscope approach improve children’s narrative skills?” The specific research focus will be on the possible development of children’s oral narrative skills through verbal re-tell of a shared text following first hand experience of a range of multi-sensory stories through a Kaleidoscope approach. Children will be encouraged to demonstrate their knowledge and understanding of the fundamental pattern of five key story components (an opening, build up, problem/dilemma, resolution, ending).

**Sally Megram – Early Years Consultant, Galley Hill Education Centre**

I’m looking at Early Years’ attitudes to learning – what difference does Kaleidoscope make to a focus group of children? How do these children report their involvement in Kaleidoscope to their parents?

**We will report on the project results in the next newsletter.**

# kaleidoscope Certificate Courses, Workshops, Enrichments

## Part-Time Accredited Certificate Course

'Building Confidence and Self-Esteem through Colour, Light And Sound'

Led By Anne Lubbock

Commencing in Milton Keynes:

- **January 2008 (4 Saturdays over 7 months)**  
**Ashbrook First School – Milton Keynes**  
Plus a choice of 4 Sunday Enrichments from the following titles:  
*Art Therapy, Drama Therapy, Relaxation For Children, Counselling Skills, Music Therapy, Positive Thinking, Happiness, Colour In Emotional Literacy and The Effects Of Lighting And Colour On Learning.*
- **March 2008 (4 consecutive midweek days including 4 Enrichments)**  
**Held in an MK Hotel and Conference Centre. Residential option available in this package**

Full prospectus available – e-mail Anne Lubbock on [info@kaleidoscopetherapy.com](mailto:info@kaleidoscopetherapy.com) or ring 01908 617110

If you would like us to run a course near you please let us know.

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## Kaleidoscope hosts:

The Neuroscience of Emotional Well-Being and Self-Esteem

Led by Margot Sunderland

Director of Education and Training at the Centre for Child Mental Health, London

*"Thank you – A great day!"*

Tuesday 18<sup>th</sup> September 2007

Troubled children; children who harden their hearts; children locked in hate and rage; parenting and attachment; when it hurts too much to feel; that quiet, forgotten child at the back of the class; always fighting and hurting in play or for real.

How can we CONNECT, ENGAGE and HELP these children maximize their EMOTIONAL HEALTH and LEARNING capacity.

*"Fabulous conference – we all need more of this!"*

The day gave total clarification and scientific evidence from up to date research about the brain showing why and how Kaleidoscope helps children and young people to develop greater self-esteem and confidence for living and learning.

Margot explained with intriguing video clips about how we can provide a kinder warmer world for our children. She mixed a splendid cocktail of acts like soothing, healing, loving, attaching, and validating with brain chemicals such as dopamine, opioids, cortisol and serotonin, like they were all essential ingredients for a hearty nourishing apple pie.

*"An inspiration – thank you"*

Margot is very interested in the work of Kaleidoscope and has invited Anne to speak at the Children's Mental Health Centre in London next year.

We certainly hope Margot will come back to Milton Keynes to work with Kaleidoscope in the future.

A special thank you to Linda Hoggan, Michèle Gough and Jan Frost for helping make the day run so smoothly.

*"Very enjoyable and informative-when is the next one?"*

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## Do You Work With Vulnerable Children Or Young People Or Their Families?

### Kaleidoscope Counselling Skills Course

Led by Linda Hoggan, (Teacher and Human Givens Psychotherapist and Trainer)

Running from September 2007 one afternoon each week over a 7 week period.

This course is designed to help Kaleidoscope practitioners and other professionals who work with vulnerable children and young people to gain basic counselling skills and techniques to help us build positive relationships with those experiencing anger, withdrawal, frustration, confusion, or anxiety.

We cover such topics as Skills for Effective Counselling, Dealing with Difficult Emotions – From Anger to Anxiety, Understanding Adolescence, Supporting Parents and Understanding Sadness, Depression and Loss.

WE HOPE TO RUN THIS COURSE AGAIN IN THE EVENINGS in spring 2008

Let us know if you are interested.

Is Milton Keynes – too far to come?

More condensed full day courses over a two day period can be run in different parts of the country  
For more details please contact kaleidoscope.

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## Come Along For A Taste Of Kaleidoscope!

### Half-Day Practical Wellbeing Workshops for Caring Professionals

Look after your own wellbeing. Avoid 'burnout' and work with greater energy, whilst gaining practical ideas and techniques to help children, young people and parents.

Each half-day workshop only £40 (inc VAT) or whole day £70.

Book all 6 workshops for only £170.00 (saving of £70)

A further discount of 10% on all options for Kaleidoscope Certificate Holders.

1. **Colourful Movement**  
Sunday 7 October – 9.30 to 12.30  
Carmen Kane, Parent Worker, Dancer and Therapist
2. **Lift Up Your Voice, Raise Your Self-Esteem**  
Sunday 7 October – 13.30 to 16.30  
Elizabeth Bancroft, Headteacher, Musician
3. **Counselling Skills And Techniques**  
Sunday 4 November – 9.30 to 12.30  
Jenny Clarke, Relate Counsellor
4. **Drama Therapy – Exploring Issues And Situations Through Metaphor And Play**  
Joan Moore – Registered Drama/Play Therapist  
Sunday 4 November – 13.30 – 16.30
5. **Colour In Emotional Literacy**  
Carol Smith, Senior Literacy Consultant  
Sunday 2 December – 9.30 to 12.30
6. **Creating Colour Moods Using Textiles And Pastels**  
Helen Campbell, Early Years Consultant and Artist  
Sunday 2 December – 13.30 to 16.30

All the above Enrichments to be held at Ashbrook School, Two Mile Ash, Milton Keynes.

For further details on any of the above, please contact Anne Lubbock at [kaleidoscope](#)

## Why Not E-Mail Us Your Stories, Photos and Questions

about your work with Kaleidoscope. These will be included where ever possible in the next issue.

Deadline for next issue going to print is 1<sup>st</sup> December 2007.

*Please note that the responsibility for seeking permission for printing photographs of children or adults lies with the school/practitioner who is submitting the article.*

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***Want to learn more about **kaleidoscope**? - Anne is available for:***

- One to one consultancy
- INSET / CPD training days
- Running practical workshops
- Guidance in targeting then tracking children through Kaleidoscope and measuring the impact on learning, relationships, behaviour and or school attendance
- Advice with décor and colours for learning and soothing
- Designing and setting up of official kaleidoscope rooms complete with maintenance package. Anne works alongside a highly qualified and registered electrical designer and electrician.

*If you would like to receive regular newsletters from kaleidoscope and to be informed about events please let us have your name, your role and if applicable the name of your establishment plus your email or postal address.*

**kaleidoscope**, 102 Pennycress Way, Newport Pagnell, MK16 8TT  
www.kaleidoscopetherapy.com email: info@kaleidoscopetherapy.com Tel: 01908 617110

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