

Tweeddale Learning Community



Dear Parents and Carers,

We would like to share with you a copy of the first Tweeddale Family Learning Calendar.

This family learning offer is in response to the survey that was sent out by our Educational Psychology team. The focus of the programme this year is on supporting emotional regulation, supporting neurodivergent children and recognising, coping with and responding to anxiety.

Included is a calendar of dates and locations, information about what is available and links to online events.

The programme has been put together by Education, Health, Community Learning and Educational Psychology partners in Tweeddale.

We look forward to working with you.

The Tweeddale Learning Community Team.

Tweeddale Learning Community



Date/venue	Tweeddale Learning Community Service	Focus
16 th March 6 – 7pm on Teams	Educational Psychology Team	Supporting emotional regulation.
18 th March 6 – 6.40pm on Teams	Inclusion and Wellbeing Service and the School Nursing Service	Understanding, recognising and responding to anxiety.
25 th March 6 – 6.40pm on Teams	Inclusion and Wellbeing Service and the School Nursing Service	Strategies to support with anxiety.
1 st April 6 – 6.40pm on Teams	Inclusion and Wellbeing Service and the School Nursing Service	Looking after yourself as a parent and carer.
27 th April in St Ronan's Primary School	Community Learning and Development	Living with Parents (maximum ten places)
6 th May 6 – 7pm on Teams	Educational Psychology Team	Supporting neurodivergent children.
11 th May at 10am in Halyrude	Educational Psychology	Ready to Learn for parents of nursery children who are preparing to go into P1.
11 th May at 10am in Priorsford	Community Learning and Development	Living with Parents (maximum ten places)
18 th May at 10am in West Linton	Community Learning and Development	Living with Parents (maximum ten places)
18 th May on Teams	Educational Psychology	Ready to Learn for parents of nursery children who are preparing to go into P1.
25 th May 9.30 – 12.30 in Peebles High School	Educational Psychology	Ready to Learn for parents of P7 children about to move into S1.

Tweeddale Learning Community



Information about our family learning offer along with Teams Links.

Ready to Learn - ELC & P1

A short session delivered by one of our educational psychologists designed to support carers of new ELC and P1 children with the transition to their new environment. This session will last around 1 hour and will cover practical aspects of preparing your child for ELC/school. There will also be an opportunity to develop knowledge of child development that can help in understanding how your child may react to their transition, and how you can support their emotional wellbeing during this time. There will be two sessions - one in person and one online. Carers are invited to attend one session and may bring younger children along to help support with childcare pressures.

In person session - 11th May, 10am **Halyrude**

Online session - 18th May, 6pm online

Microsoft Teams Link - **Join:**

<https://teams.microsoft.com/meet/35115824719344?p=t41nj0lcA3UmN7z8Gc>

Ready to Learn - P7

A short session delivered by one of our educational psychologists designed to support carers of primary 7 children due to transition to S1. This session will last around 1 hour and will cover practical aspects of preparing your child for their new school. There will also be an opportunity to explore how a knowledge of child development can help in understanding how your child may react to their transition, and how you can support their emotional wellbeing during this time. The session will be in person at Peebles High School.

Tweeddale Learning Community



In person session - 25th May, 9.30am **Peebles High School**

Supporting Neurodivergent Children & Young People

Following feedback collected via parent survey, our Educational Psychologists are offering an online session designed to support carers in understanding how the needs of neurodivergent children and young people can be met in school. This session will focus on how difficulties may present within the school context, what strategies can be put in place and how carers can support at home. Time will be given for questions and an overview of how our service works with schools to support children and young people will be shared.

Online session - 6th May, 6pm-7pm

Microsoft Teams Link - **Join:**

<https://teams.microsoft.com/meet/36656849321252?p=AIOdBBU6WSOT31UKU1>

Supporting Emotion Regulation

Following feedback collected via parent survey, our Educational Psychologists are offering an online session designed to support carers in understanding child and adolescent brain development, how our emotions develop and what can happen when we experience difficulties in regulating these. Practical strategies will be explored that may help support your child to understand their emotions and manage these more effectively. Time will be given for questions, and an overview of how our service works with schools to support children and young people will be shared.

Online session - 16th March, 6pm-7pm

Microsoft Teams Link - Join:

<https://teams.microsoft.com/meet/32458989001185?p=ZxXhmk3aoQf1Jl4SGW>

Tweeddale Learning Community



Community Learning and Development (CLD) Adult learning

CLD supports adult engagement in learning that enables onward progression. Examples of Adult learning within the Scottish Borders include ESOL (English for Speaker of Other Languages see: [English for speakers of other languages \(ESOL\) | English for speakers of other languages | Scottish Borders Council](#)), Core skills and some limited qualifications up to SQA level 4, Living With Parents course and Triple P Discussion Group workshops for nursery and lower primary parents and carers. Further Information: cld@scotborders.gov.uk

Community Learning and Development – Living with Parents

In this dynamic and interactive learning programme, the young people and their Parents/Carers will be encouraged to explore their relationship. Each pair will have the opportunity to take part in several relaxed challenges that develop 'teamwork' and communication techniques within their partnership. Throughout the course of the day, there will be a focus on mutual respect, trust and understanding. By the end of the session, everyone will be supported to put together an action plan to address any identified area of conflicts, whilst at the same time also building upon the positive aspects of their relationship.

Anxiety Sessions

Inclusion and Wellbeing service and school nurses are offering 3 collaborative online sessions about anxiety and how to support in this area. Each session is 30 – 40 mins but we have allowed additional time for questions at the end if necessary. Parents and carers who are interested are asked to attend all three sessions.

Session 1 – Understanding, recognising and responding to anxiety.

In this session we shall explore

- ❖ What is anxiety and why we need it,

Tweeddale Learning Community



- ❖ Why does anxiety happen and how does the body react,
- ❖ and helpful responses to anxiety.

Link https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTIwZGYwYTQfOWVIZi00M2NhLTgzMWQtZjk4ZmRjYmJiY2Y3%40thread.v2/0?context=%7b%22id%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22oid%22%3a%22787d54f1-0545-4a2e-8b42-87ea0afed1e2%22%7d

Session 2 – Strategies for supporting and managing anxiety

In this session we shall progress on to

- ❖ How to help with anxiety,
- ❖ Practical strategies
- ❖ and creating a calm environment

Link https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTU2MzNiMGEtYzE3ZS00YTA3LTliYWMTYjI4ZGFmYmMxZjYx%40thread.v2/0?context=%7b%22id%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22oid%22%3a%22787d54f1-0545-4a2e-8b42-87ea0afed1e2%22%7d

Session 3 – Looking after yourself as parents/carers

In session 3 we explore other pieces to the puzzle

- ❖ Why self-care matters,
- ❖ Spotting the signs,
- ❖ Self-care strategies and practical tips.

Link https://teams.microsoft.com/l/meetup-join/19%3ameeting_ODQ5NmQyZmQtY2Q1Ny00NmVmLWlwZjEtNjMzMGUzM2NiYWQ1%40thread.v2/0?context=%7b%22id%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22oid%22%3a%22787d54f1-0545-4a2e-8b42-87ea0afed1e2%22%7d