

Tweeddale Learning Community



Dear Parents and Carers,

We would like to share with you a copy of this session's Tweeddale Family Learning Calendar.

Our Family Learning Offer: Growing Together

Our Family Learning offer focuses on supporting children's wellbeing, confidence and success through strong partnerships between home, school and community services. The sessions provide parents and carers with practical information and strategies to help children navigate challenges, build resilience and develop positive emotional wellbeing.

From understanding anxiety and emotional regulation to supporting key transitions into Primary 1 and Secondary 1, the programme aims to help families feel informed, confident and supported in their child's learning journey.

Together, we are creating a nurturing community where children feel safe, supported and ready to succeed.

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.

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Date/venue	Tweeddale Learning Community Service	Focus
22 nd October 2026 Online @6pm	Targeted Pupil Support & School Nursing Service	Understanding, recognising and responding to anxiety.
29 th October 2026 Online@6pm	Targeted Pupil Support & School Nursing Service	Strategies to supporting and managing anxiety.
5 th November 2026 Online @6pm	Targeted Pupil Support & School Nursing Service	Other pieces to the puzzle - Why self-care matters, spotting the signs, self-care strategies and practical tips.
3 rd February 2027 Online @ 6pm	Inspire Learning/ Community Police	Safer Internet information session for parents. See link in description.
16 th Feb 2027 In Person @ St Ronan's PS 4.00pm	Home School Link Worker	Imagine a Man – Challenging stereotypes and Creating Positive Role Models for P7.
23 rd February 2027 In Person @ West Linton PS 4.00pm	Home School Link Worker	Imagine a Man – Challenging stereotypes and Creating Positive Role Models for P7.
2 nd March 2027 In person @ Peebles High School 4.00pm	Home School Link Worker	Imagine a Man – Challenging stereotypes and Creating Positive Role Models for P7.
21 st May 2027 In person @ St Ronan's 9.30am	Community Learning and Development	Living with Parents for P7 parents (maximum ten places)
28 th May 2027 In Person @ West Linton 9.30am	Community Learning and Development	Living with Parents for P7 parents (maximum ten places)
4 th June 2027 In Person @	Community Learning and	Living with Parents for P7 (maximum ten places)

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Priorsford 9.30am	Development	
25 th May 2027 @6pm Online	Educational Psychology	Ready to Learn for parents of nursery children who are preparing to go into P1. https://teams.microsoft.com/join/374134563091165?p=BOZDve1GLZZ1AtEAip
14 th June 2027@ 9.30am In Person Peebles High School	Educational Psychology	Ready to Learn for parents of P7 children about to move into S1.

[Information about our family learning offer along with Teams Links.](#)

Educational Psychology

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.

Online session - 25th May, 6pm online

Microsoft Teams Link – **Join:**

<https://teams.microsoft.com/join/374134563091165?p=BOZDve1GLZZ1AtEAip>

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.

In person session - 14th June, 9.30am Peebles High School

SBC Community Learning and Development Service

Living With Parents/Carers - Family Learning Programme

The young people and their parents/carers will be encouraged to explore their relationship through a fun and interactive programme. Each pair will have the opportunity to take part in several relaxed challenges

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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.

In Person session – 10 spaces available

St Ronan's PS 21st May 2027 @ 9.30am

West Linton PS 28th May 2027 @ 9.30am

Priorsford PS 4th June 2027 @ 9.30am

Targeted Pupil Support Service and School nurses

We are offering 3 collaborative online sessions about anxiety and how to support. Each session is 30 – 45 mins but we have allowed additional time for questions at the end if necessary.

Session 1 – Understanding, recognising and responding to anxiety.

In this session we shall explore -

What is anxiety and why we need it,

Why does anxiety happen and how does the body react,

Helpful responses to anxiety.

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 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.

Online Sessions - 22nd October, 29th October and 5th of November 2026

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The link for all sessions is below.

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/353558699667575?p=MPfryjfMDexuzjpN3b>

Meeting ID: 353 558 699 667 575 Passcode: hZ6FJ6Sp

Home School Link Worker (HSLW) in the Tweeddale Cluster

As HSLW, I act as a bridge between families, schools, and community agencies to improve educational and emotional outcomes for children.

Role and Responsibilities

- Work directly with children and families to reduce barriers to learning, increase school attendance, and help to support lower exclusion rates.
- Link families with local community resources, health visitors, social workers, and third-sector organisations.
- Operate as part of the Tweeddale Cluster, alongside teaching staff and the Team Around the Cluster (TAC).

Imagine a Man Parent Workshops

This session "Imagine a Man" parent workshops will be offered in person to help parents support their children in developing confidence, kindness and respect for others. The sessions will explore positive masculinity, helping boys build healthy, caring attitudes while challenging harmful stereotypes. Parents will also learn strategies to support emotional literacy, enabling children to talk openly about feelings, worries and wellbeing. Through discussion and practical activities, the workshops will promote inclusivity, equality and respectful relationships, creating a positive environment where all children can thrive.

In Person sessions -

St Ronan's PS – 16th February 2027 @ 4.00pm

Linton PS - 23rd February 2027 @ 4.00pm

High School – 2nd March 2027 @ 4.00pm

West
Peebles

Healthy Lifestyles

The healthy weight service which is a healthy lifestyle service for children, young people and families from 2-18years. The programme offers practical tips to support the family to eat well and be active by working with the family to identify specific goals. The family/young person can self-refer using this link:

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<https://www.nhsborders.scot.nhs.uk/media/908433/chws-fit4fun-families-self-referral-form-12.pdf>

or a referral can be made via school nurse, health visitor, GP or other health professional/trusted adult. Some examples of the sessions are below:-

Mindful eating, Healthy Growth, Portion sizes, Label reading. Snack and meal ideas, Importance of sleep, Physical activity.

Inspire Learning and Community Police

Safer Internet Day Safety Session

Parents, carers and students are warmly invited to join us for an interactive online session celebrating **Safer Internet Day 2027**. This year's theme is "**Reflect on tech: exploring digital wellbeing and our relationship with technology**", encouraging families to think about how technology impacts our daily lives, wellbeing and online experiences.

During this one-hour session, we will explore

- What a healthy relationship with technology looks like
- The impact of social media, gaming and online communication on wellbeing
- Practical strategies for balancing screen time and digital life
- Online pressures and influences that young people may encounter
- Tips and resources to help families stay safe, positive and confident online

Online Session - Wednesday 3rd February 2027 | 6:00pm to 7:00pm

The link for session is below.

Microsoft Teams meeting [https://teams.microsoft.com/l/meetup-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MWZhYTE2YWQtNDI1ZC00YTZlThkZDYtMzU1ZTI0YWYzOTg0%40thread.v2/0?context=%7b%22Tid%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22Oid%22%3a%22a3e62e5d-4236-4900-a073-6cd7c98d4989%22%7d)

[join/19%3ameeting_MWZhYTE2YWQtNDI1ZC00YTZlThkZDYtMzU1ZTI0YWYzOTg0%40thread.v2/0?context=%7b%22Tid%22%3a%2289ed32a2-9b6b-41db-bb6f-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MWZhYTE2YWQtNDI1ZC00YTZlThkZDYtMzU1ZTI0YWYzOTg0%40thread.v2/0?context=%7b%22Tid%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22Oid%22%3a%22a3e62e5d-4236-4900-a073-6cd7c98d4989%22%7d)

[376ec8fcd11d%22%2c%22Oid%22%3a%22a3e62e5d-4236-4900-a073-6cd7c98d4989%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MWZhYTE2YWQtNDI1ZC00YTZlThkZDYtMzU1ZTI0YWYzOTg0%40thread.v2/0?context=%7b%22Tid%22%3a%2289ed32a2-9b6b-41db-bb6f-376ec8fcd11d%22%2c%22Oid%22%3a%22a3e62e5d-4236-4900-a073-6cd7c98d4989%22%7d)