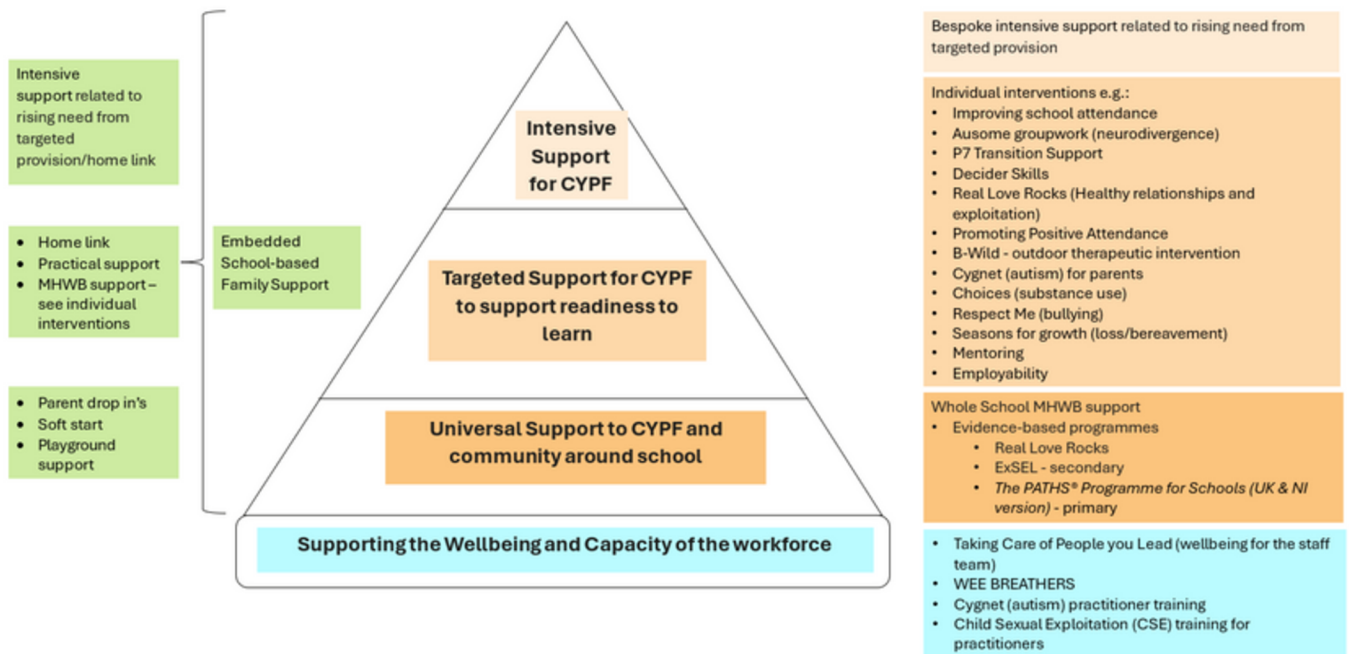


Education Support

In line with Scottish Government guidance we provide practical support to schools, school staff, families and children and young people



Whole School Support



Barnardo's experience of working in schools has shown us the increasing challenge and expectation of school staff to have the know-how to support the range and extent of needs pupils bring. School staff are often the first port of call to children's distress and upset and there is increasing expectation that schools provide the answers, direction and support.

At Barnardo's we appreciate that providing support to children and young people relies on the wellbeing of school staff: recognising that a pupil or colleague may be struggling can be difficult and supporting the wellbeing of others if you're struggling with your own wellness can be even more difficult.

We can provide evidenced based support which will help schools develop their foundation and support across aspects of mental health, wellbeing and relationships for pupils, for school staff and for the wider school community.

Embedded School Based Support



Our embedded school-based support for children, young people (CYP) and families service allows schools to create a bespoke structure/timeline of support. We will allocate a family support worker who would be based at the specific school from 1 to 5 days per week.

We provide support to families of/and P1-S6 pupils who are e.g.:

- experiencing or at risk of school non-engagement, non-attendance or exclusion or
- experiencing barriers including anxiety/poor mental wellbeing, neurodiversity, isolation affecting their learning

Support covers a range of issues and themes, which are impacting families and their child/ren and their ability to engage in their learning. Support can range from universal input across the school to targeted/intensive work with specific families.



TAKING CARE OF PEOPLE YOU LEAD

Taking Care of People you Lead – A programme of three team sessions building on the premise that by considering your own and your team’s personal health and wellbeing needs you can then develop strategies and resources which link authentically to any support you offer to others. Session 1 (You): People are supported to manage their own health and wellbeing; session 2 (others): People are supported to recognise influences on others mental health and wellbeing; and Session 3 (system): People are supported to consider the impact ethos and culture has on mental health and wellbeing.



WEE BREATHERS

The Wee BREATHERS programme aims to promote staff well-being through access to learning orientated reflective spaces. Wee BREATHERS build capacity in staff to better understand and respond to distressed behaviour and pupil needs through deepening understanding of attachment-informed, trauma sensitive practice. The sessions support staff to reflect on practice and how their own emotions and behaviour can become engaged. This allows staff to better support pupils who become dysregulated in class, as a result of unmet emotional needs. Support for staff includes pre and post-evaluation and access to SAIA training and resources.

SUPPORTING THE WELLBEING AND CAPACITY OF THE WORKFORCE



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THE PATHS® PROGRAMME FOR SCHOOLS (UK VERSION)

The PATHS® Programme for Schools (UK Version) offers a comprehensive, universal, whole-school social and emotional learning (SEL) curriculum for primary school pupils of every stage. The programme builds children's social and emotional skills in a developmental way providing opportunities for all children to develop skills in the 5 competences of Social Emotional Learning, as identified by the Collaborative for Academic, Social, and Emotional Learning: Self-Awareness; Self-Management; Responsible Decision-Making; Relationship Skills; Social Awareness

The programme is grounded in the science of children's brain development, which has determined that children experience and react to strong emotions before developing the cognitive abilities to verbalise them. During regular taught lessons, pupils engage in a range of activities aimed at improving their social and emotional competence and reducing aggressive behaviours. As a universal whole school evidence-based programme The PATHS® Programme and wider SEL competencies sit within the statutory provision of Health and Wellbeing and fit under the mental, social and emotional experiences and outcomes under Curriculum for Excellence (CfE).

Barnardo's programme of coaching & implementation support provides a whole-system approach to SEL through developing extensive support for teachers, parents and indeed the whole-school community.

We can support schools to determine how SEL fits within their HWB curriculum planning as well as how it connects to their whole school overarching principles and approach such as nurture, UNCRC/GIRFEC, values. We have considerable resources for forward planning at each CfE level connecting the programme to these areas.

UNIVERSAL SUPPORT FOR CHILDREN AND YOUNG PEOPLE



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REAL LOVE ROCKS

Real Love Rocks is a ground-breaking education and awareness raising programme developed by Barnardo's Safer Futures Trauma Services. Promoting children and young people's rights to healthy, consensual and safe relationships with peers, partner, their family and across their community is at the heart of this. Real Love Rocks seeks to raise awareness of the different types of abuse and exploitation that people experience. This includes Child Sexual Abuse, Sexual Exploitation, Criminal Exploitation, Radicalisation, Extremism, and the world online, making it more relevant to our children and young people of today covering themes such as:

- Children's Rights
- Consent, power and control
- Feelings and emotional regulation
- Mental health and wellbeing
- Grooming
- Bullying / Cyberbullying
- Appropriate /Inappropriate content online
- Challenging victim blaming
- Laws around keeping people safe

The programme covers the majority of the HWB curriculum under CfE including RSHP and newly incorporated UNCRC for age 10-13, as well as a specific ASN resource. We can support with planning, delivery and coaching to make the programme sustainable in your setting. We can also deliver small groups.

UNIVERSAL
SUPPORT FOR
CHILDREN AND
YOUNG PEOPLE



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TARGETED SUPPORT FOR CHILDREN AND YOUNG PEOPLE



LIAM PROGRAMME

Let's Introduce Anxiety Management, 'LIAM' is a training and intervention package developed by NHS Education for Scotland (NES). It supports practitioners to deliver a CBT-informed intervention to children and young people (CYP).

- Using the LIAM resource we provide support to P3-S6 pupils (8-18 years old) who are experiencing milder difficulties with anxiety in a one-to-one or group format.
- We can deliver 1:1 sessions (50 minutes) or group sessions (maximum 6 CYP) that take 1.5 hours
- There are 9 sessions in total and we can involve parents if appropriate

AUSOME GROUP WORK

The service offers targeted group interventions for neurodivergent learners in P4 to S6, focusing on those at risk of school disengagement or experiencing difficulties such as anxiety and peer isolation. Groups of up to six learners per session are supported by two experienced staff members, aiming to improve mental health and wellbeing, reduce isolation, and promote school engagement and attendance. The service targets neurodivergent learners facing school engagement challenges, including anxiety, poor mental wellbeing, and peer isolation. It particularly supports those transitioning from 1-2-1 support to group settings, fostering a supportive environment where learners can address barriers to learning.



P7 TRANSITION SUPPORT

The programme supports P7 pupils transitioning to high school, aiming to alleviate stress and uncertainty associated with the change. Sessions focus on building knowledge, confidence, and personal skills, including activities fostering peer relationships and cooperation. The service is tailored for P7 pupils identified as needing additional support for a smooth transition. Group sessions typically accommodate 4-6 learners, with the option for individualised 1:1 support. Sessions can involve both pupils and their families based on the school's preference.



DECIDER SKILLS

Decider Skills uses Cognitive Behaviour Therapy to teach children and young people skills to manage emotions and mental health. The programme includes interactive activities aimed at reducing emotional distress through methods such as role play, music, and arts/crafts. Additionally, we can provide support for parents through Decider Skills for Parents groups. The programme targets P1 to S6 pupils experiencing emotional regulation difficulties, with group sizes ranging from 4 to 8 learners. 1:1 support is also available. Sessions are facilitated by skilled practitioners and tailored to each group's needs and developmental stages, with two staff members present for each group.



B-WILD

Barnardo's B-Wild program is an 8-12 week groupwork programme for Children and Young People from P1 to S6, aiming to support their wellbeing through social and emotional learning and connecting to nature. Activities include emotional literacy, relationship building, and confidence-building activities using natural materials and surroundings. The programme includes learning about local wildlife, conservation activities, skills-based activities, social and emotional learning activities, and the opportunity to work towards a Dynamic Youth Award.

PROMOTING POSITIVE ATTENDANCE

The programme offers targeted 1:1 support to P1 to S6 pupils facing barriers to classroom participation. Using solution-focused, trauma-informed approaches, the programme aims to empower children and young people to manage behaviour, express emotions, and nurture positive relationships with peers and staff. Additionally, for Senior Phase pupils, the programme includes Dynamic Youth Award participation, aligning with the Curriculum for Excellence and fostering personal growth through challenges and goal-setting.



SEASONS FOR GROWTH

This programme builds knowledge and skills to strengthen the emotional wellbeing and resilience of children and young people following experiences of significant change and loss. The programme also supports adults to develop the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief.



CYGNET AUTISM TRAINING FOR PRACTITIONERS

A programme for education staff working with children and young people with autism including: teaching staff, support staff, senior leadership and school partners. Throughout the training we will develop participants' understanding of autism, encourage participants to look at the world from an autistic perspective, and look at practical solutions to best support CYP with autism. The training will be provided by our Cygnet certified trainers.



EXPLOITATION TRAINING FOR PRACTITIONERS

Training for teachers, senior leadership, support staff within schools and school partners, recognising their crucial role in identifying and responding to signs of Exploitation in children and young people. It emphasises that all staff members and school partners, not just class teachers, need awareness as they regularly interact with CYP. Sessions are led by trauma-informed practitioners using evidence-based approaches. The sessions will cover understanding exploitation, preventive measures, effective response strategies, and guidance on utilising our Real Love Rocks resource to increase CYP's understanding of their rights to healthy, consensual and safe relationships with peers, partners, their family and across their community.



CYGNET AUTISM TRAINING FOR PARENTS/CARERS

Cygnet offers a targeted six-week parent/carer course focusing on understanding and supporting autistic children or young people. Delivered either face-to-face or online, the programme aims to equip parents/carers with knowledge and strategies to navigate challenges associated with autism, including sensory differences, communication, and behaviour.

TRAINING FOR PRACTITIONERS AND PARENTS



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BARNARDO'S EDUCATION COMMUNITY

Barnardo's Education Community is a platform for education staff across England, Northern Ireland, Scotland, and Wales, providing a range of free resources, training, and support.

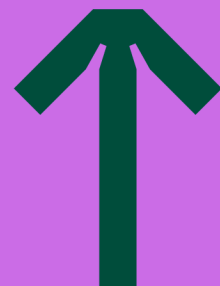
The aim of BEC is to improve the mental health of babies, children and young people by providing staff working in education with the knowledge, understanding and tools to support them.

BEC provides a range of resources, training, and support:

- for you and your staff
- for you in your work with babies, children and young people

<https://www.educators-barnardos.org.uk/>

FREE RESOURCES



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PLEASE NOTE THAT IN ADDITION TO THE INFORMATION SUPPLIED IN THIS LEAFLET, WE AIM TO DELIVER OUR SERVICES IN A WAY THAT IS BESPOKE TO THE NEEDS OF YOUR ESTABLISHMENT. AS SUCH, WE WILL HAVE CONVERSATIONS WITH INDIVIDUAL ESTABLISHMENTS PRIOR TO WORKING TOGETHER TO ENSURE WE ACHIEVE THIS.

FOR MORE INFORMATION ON ANY OF THE SUPPORT IN THIS LEAFLET PLEASE CONTACT KATRINA MCGOVERN USING THE DETAILS BELOW:

EMAIL: KATRINA.MCGOVERN@BARNARDOS.ORG.UK

CALL: 075 66 765 678