

Map of Support & Guidance for Staff, Children, Young People & Families

June 2020

Key wellbeing theme	Key Resources & Electronic links	Available	Stage of Intervention
Family Wellbeing supports			
Supporting Health & Mental Wellbeing at home	<p>Educational Psychology Service</p> <p>we have an A-Z of additional resources, designed for practitioners that parents may also find helpful https://blogs.glowscotland.org.uk/fa/epspractitioners/materials/</p> <p>https://blogs.glowscotland.org.uk/fa/epspractitioners/materials/paired-learning-approaches/</p>	Online	Universal & targeted
	<p>Smiling Mind is a free app with lots of practical ways to stay calm and healthy inside your mind (adults)</p> <p>https://www.smilingmind.com.au/thrive-inside</p>	Online & App to download	Universal
	<p>The Breathing Space phone helpline hours have been extended during this time.</p> <p>Call - 0800 83 85 87</p> <p>https://breathingspace.scot/news/2020/staying-connected-during-the-coronavirus-outbreak/</p>	Online & Telephone support	Universal & targeted
	<p>Education Scotland: Health & wellbeing activities for families resources and ideas for Early Years, Primary & Secondary</p> <p>https://education.gov.scot/improvement/scotland-learns/health-and-wellbeing-activities/</p>	Online	Universal
	<p>The Mind website has practical advice and checklists on wellbeing in relation to Coronavirus.</p> <p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p>	online	Universal
Family Wellbeing supports			

Supporting Health & Mental Wellbeing at home – continued	Relax Kids Family well being activities – https://www.relaxkids.com/calm-pack	Online	Universal
	The 5 ways to wellbeing. Connect, Be Active, Take Notice, Keep Learning, Give. An evidence based approach to what we all need. Short video explanation here https://youtu.be/bsc2QkCC3uI Also link to consider how to manage your 5 ways at this present time https://neweconomics.org/2020/03/five-ways-to-wellbeing-at-a-time-of-social-distancing	Online	Universal
Parenting Supports	Understanding your child Solihull Parenting Resource [Password TARTAN] https://inourplace.heiapply.com/online-learning/	Online	Universal & Targeted
	Triple P resources file:///C:/Users/csuser/AppData/Local/Microsoft/Windows/INetCache/IE/EDSH9OJY/tpi-top-tips-covid19-a4-uk-en.pdf https://blogs.glowscotland.org.uk/fa/public/epservice/uploads/sites/2863/2020/04/09102951/tpi-top-tips-covid19-a4-uk-en.pdf		
	Parent Club Coping with being a Parent and other resources: www.parentclub.scot	online	Universal
	Advice for Key Worker Parents: Helping your child adapt to changes due to the Covid-19 pandemic. BPS Advice for Key worker Parents https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Advice%20for%20keyworker%20parents%20-%20helping%20your%20child%20adapt.pdf	Online pdf	Targeted
	Support around sleep issues and concerns https://www.sleepscotland.org/	Online Phone Face-to face	Targeted
	Education Scotland publish a weekly newsletter for parents: https://education.gov.scot/improvement/scotland-learns/a-weekly-newsletter-for-parents-and-carers/	online	Universal
Family Wellbeing supports			

Grief & Loss Supports	Falkirk Educational psychology Service Critical incident policy link Educational Psychology Service Guidance leaflet on grief and loss: https://sway.office.com/yrhTKYpXgUXjbL2c?ref=Link	Online & consultation available from EPS	Targeted
	The following websites have a range of resources to assist children and families when someone they know dies, including advice about when a death is a result the coronavirus: Childhood Bereavement Network Winston's Wish Cruse Bereavement Care	Online Chat phone	Targeted
	At this time, it is not possible to mark the passing of loved ones and say goodbye in the ways we might wish. The British Psychological Society has suggested some ways that we can remember family and friends who sadly die at this time. For these ideas see Continuing Bonds	online	Targeted
Mental Health	Child and Adolescent Mental Heath Downloadable self help guides from CAMHS https://www.camhs-resources.co.uk/downloads	Online pdf	Targeted
Return to school supports	Blended learning – making it successful in P1 (in discussion) Returning to school in a bubble story support Returning to School in a Bubble Coronavirus and going back to school - animation https://www.youtube.com/watch?v=KRXTDsuhSt0&feature=youtu.be	online	Universal
Learning at Home Supports	Educational Psychology Service Website links: Promoting learning at home https://blogs.glowscotland.org.uk/fa/epservice/home-we-work/promoting-learning-at-home/	online	Universal & Targeted

	BBC Bitesize Daily lessons on Health and Wellbeing (Early to Fourth Level): https://www.bbc.co.uk/bitesize	Online App TV	Universal
	How to support home routines and learning at home https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/	Online	Universal
Supports for Early Years/Early Level			
Return to school supports (In progress prior to covid-19) (In progress prior to covid-19)	Guidance provided by Children's Services Visual produced Blended learning – making it successful in P1 (in discussion) Early level – updated guidance on health & wellbeing; literacy; numeracy - guidance & training development programme in process Early level – strengthening the foundations of learning – guidance & training development programme in process (led by EPS)	Online pdf EPS consulting with EY central team Toolkit. Practitioner involvement session 2020-21.	Universal universal universal
	Children in Scotland Free and practical wellbeing resource for teachers & Practitioners to support children and young people. Split by cfe levels. <i>Improving Children and young people's understanding of their wellbeing.</i> https://childreninscotland.org.uk/wp-content/uploads/2019/09/201902_GIRFEC-Toolkit_11Note.pdf	Online pdf	Universal
Supports for Primary Aged Children			
Transitions	Transitions in 2020 - These resources have been organised into 6 categories which aim to identify transition issues for children and young people at all stages: Early Learning and Childcare, primary, secondary and post-16. Also included are specific resources in the areas of HWB and ASN. Transitions in term4 guidance - V5TransitionDocumentTerm4	Scottish government Falkirk Council	Universal /targeted Universal /targeted

	Psychological advice around the importance of play for managing emotions around transition: https://www.bps.org.uk/coronavirus-resources/professional/importance-of-playtime	British Psychological Society	Universal
Return to school stories /social stories	Returning to school in a bubble (video) Educational Psychology advice for teachers about how to support the return to school compassionately: https://www.bps.org.uk/coronavirus-resources/professional/reconnecting-school-communities	Scottish Division of Educational Psychology	Universal
Supporting ASD	resources for assisting autistic learners and their families who may need individualised planning for the transitions ahead. Resources specific for early learning and childcare, primary, secondary, parents are provided.	National Autism Implementation Team	Targeted
Resilience Supports	Compassionate and Connected Curricular Resource - upper primary Resilience Alphabet (primary)	Education Scotland - Online and printable resources Education Scotland	Universal and Targeted support for upper primary and lower secondary Universal /targeted
	Children in Scotland Free and practical wellbeing resource for teachers & Practitioners to support children and young people. Split by cfe levels. <i>Improving Children and young people's understanding of their wellbeing.</i> https://childreninscotland.org.uk/wp-content/uploads/2019/09/201902_GIRFEC-Toolkit_11Note.pdf	Online pdf	Universal
Nurture Principles as we return to school:	Nurture - Recover and Reconnect Applying Nurture as a Whole School Approach <ul style="list-style-type: none">• A framework to support self-evaluation	East Lothian Council - Online Resource	Universal

	<ul style="list-style-type: none"> • Nurturing Schools Pack FINAL (Falkirk Educational Psychology Service) • Nurture Training Materials on the GIRFEC practitioners pages (Falkirk Educational Psychology Service) • 6 principles of nurture for phased education return (South Ayrshire Educational Psychology Service) • 6 principles of nurture for return to education (Ed Psych Insight) 		Universal and Targeted
Trauma Informed/ACES Aware practice	Compassionate and Connected Community	Ed Scotland online professional learning course	Targeted
	** Please see below “Supports for Young People/ Secondary Aged Pupils”		
Supports for children with Additional Support Needs			
Parents Supports	ParentZone Scotland Supporting children with additional support needs at home Bild.org.uk https://www.bild.org.uk/wp-content/uploads/2020/03/LD-Senate-Coronavirus-resources-for-use-by-families-27.3.2020.pdf	Online	Targeted
Autism	Autism & the Corona Virus 20 top tips Peter Vemeulen. https://petervermeulen.be/2020/03/16/autism-and-the-corona-virus-20-tips/	online	Targeted
	Autism Toolbox http://www.autismtoolbox.co.uk/ http://www.autismtoolbox.co.uk/mental-health-and-wellbeing	Online	Targeted
Visual Supports	Autism Toolbox http://www.autismtoolbox.co.uk/visual-supports-and-technology	Online	Targeted

Assistive Technology Support	CALL Scotland Assistive Technology Support for learning at home https://www.callscotland.org.uk/blog/	online	Targeted
Easy Read fact sheets on COVID-19	Enable https://www.enable.org.uk/coronavirus-information/ Mencap https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19	online	Targeted
Virtual Activity Programme (Sensory Based)	PAMIS A series of 11 videos and accompanying booklets to offer support with sensory regulation. http://pamis.org.uk/services/virtual-activity-programme/	Online	Targeted
Sensory Resources	PAMIS Multi-sensory story making http://pamis.org.uk/site/uploads/multi-sensory-storymaking-1.pdf	Online	Targeted
Challenging Behaviour	Bild.org.uk https://www.bild.org.uk/resource/top-tips-for-coping-during-the-covid-19-lock-down/ An introduction to Positive Behaviour Support https://www.bild.org.uk/resource/an-introduction-to-pbs/ Studio 3 Series of free webinars on managing behaviour https://www.studio3.org/free-webinars	Online	Targeted
Supports for Young People/ Secondary Aged Pupils			
Transitions	Moving school after coronavirus: young people's voice/advice for young people https://reach.scot/changing-school/pupil-voice-moving-school-after-coronavirus/ <ul style="list-style-type: none"> • 8 tips when changing school https://reach.scot/get-help/im-going-to-a-new-school/ • Worried about making friends: 5 tips for making friends at school https://reach.scot/relationships/worried-making-friends/ 	Online	Universal

Returning to school/exams/courses	<ul style="list-style-type: none"> • Conversation starters https://young.scot/get-informed/national/back-to-school-conversation-starters <p>Transitions in a primary school setting and into S1</p> <ul style="list-style-type: none"> • Resources to highlight emerging practice and guide practitioners to useful resources and supports. <p>Links/resources:</p> <p>Wakelet: Supporting primary children at points of transition</p> <p>Powerpoint presentation: Primary transitions (1.2 MB)</p> <p>Transitions in a secondary school setting</p> <p>Links/resources:</p> <p>Powerpoint presentation: Secondary transitions - BGE (970 KB)</p> <p>Word file: Frequently Asked Questions for school leaders and staff (43 KB)</p> <p>Post 16 transition</p> <ul style="list-style-type: none"> • Map of support by Education Scotland https://education.gov.scot/media/u3mjoryo/post-16-learner-flowchart.pdf • Resources to highlight emerging practice and guide practitioners to useful resources and supports. <p>https://education.gov.scot/improvement/learning-resources/transitions/#Transitions-ASN</p> <p>Wakelet: Post-16 Transitions</p> <p>Powerpoint presentation: Post-16 Workshops For Senior Managers (1.1 MB)</p> <p>PDF file: Post-16 Workshops Guidance For Senior Managers (341 KB)</p> <p>PDF file: Post-16 Arrangements For Transition From Secondary To Post 16 Providers (1 MB)</p> <p>PDF file: Post-16 Benchmarking Tool (145 KB)</p> <p>Information on the return to school and how exams/courses might be affected:</p> <p>https://young.scot/get-informed/national/how-is-coronavirus-covid-19-impacting-education</p> <p>https://www.sqa.org.uk/sqa/93797.html</p>	Online	Universal
Return to school resources	<p>Going back to school after lockdown</p> <p>http://www.mindroom.org/media/resources/SecondaryWellbeing.pdf</p> <p>For young people:</p>	Online Pdf	Universal

	<ul style="list-style-type: none"> • workbook for young people (for teachers to share with young people before they return) http://www.mindroom.org/media/resources/SecondaryWorkbook.pdf <ul style="list-style-type: none"> • My wellbeing wheel (a short check-in) <p>For teachers:</p> <ul style="list-style-type: none"> • Checklist for teachers and school: based on the principles of <u>SHANARRI</u>, consider the questions that are troubling families, add your own and track your progress to finding the answers http://www.mindroom.org/media/resources/TeachersChecklist.pdf <ul style="list-style-type: none"> • Social Scenario Reflection Tool: the pandemic has thrown up some potential flashpoints for children with learning difficulties. Use this tool to identify effective coping strategies http://www.mindroom.org/media/resources/SST_May20.pdf <p>For teachers:</p> <ul style="list-style-type: none"> • Classroom and assembly ideas and activities https://www.place2be.org.uk/media/uvzkzysp/secondary-school-return-to-school.pdf <p>For young people who experience difficulties with attendance due to emotional factors:</p> <ul style="list-style-type: none"> • Emotionally-based school avoidance (EBSA) – COVID-19 Intervention timeline; produced by Oxfordshire EPS http://schools.oxfordshire.gov.uk/cms/sites/schools/files/folders/folders/documents/learnerengagement/coronavirus/EBSAGuidanceandTimeline.pdf 	Online	Targeted
Resilience Supports	Children in Scotland Free and practical wellbeing resource for teachers & Practitioners to support children and young people. Split by cfe levels. <i>Improving Children and young people's understanding of their wellbeing.</i> https://childreninscotland.org.uk/wp-content/uploads/2019/09/201902_GIRFEC-Toolkit_11Note.pdf	Online pdf	Universal
	<ul style="list-style-type: none"> • Top 10 tips for resilience (one-page poster) https://www.nhsggc.org.uk/media/257098/a3-top-10-tips-27-03-2014.pdf 	Online pdf	Universal

	<ul style="list-style-type: none"> The Emotional Resilience Toolkit provides practical guidance in promoting the resilience of young people as part of an integrated health and wellbeing programme. The resource is designed to be used by workers and volunteers working with young people aged 10 and over. Available through various websites including the following: https://www.seemescotland.org/media/8155/resilience-toolkit.pdf <ul style="list-style-type: none"> Short activities to explore the theme ‘Being Ourselves’. (For whole class and group work) https://www.place2be.org.uk/media/jl2fz30y/being-ourselves-activities-for-schools.pdf 	Online pdf	
Mental Health	Young Scot Aye Feel Resource to support young people's emotional well being https://young.scot/campaigns/national/aye-feel	Online	Universal
	For young people: <ul style="list-style-type: none"> A resource pack for teenagers to help manage difficult feelings about coronavirus https://nhsforthvalley.com/wp-content/uploads/2020/04/COVID-19-Resource-pack-overs-its-ok-to-worry-about-coronavirus.pdf Signposting to resources and links about a variety of mental health concerns https://nhsforthvalley.com/health-services/az-of-services/childrens-services/child-and-adolescent-mental-health/anxiety-covid-19/ 	Online	Targeted
	Downloadable self-help guides from Child and Adolescent Mental Heath https://www.camhs-resources.co.uk/download	Online downloadable	Targeted
	Resources from SAMH, Scotland's national mental health charity: <ul style="list-style-type: none"> A short guide for young people who are concerned about their own mental health “Am I Ok?” https://www.samh.org.uk/documents/Am_I_OK.pdf A short guide for young people who are concerned about a friend's mental health “How to help a friend” 	Online pdf	Universal

	<p>https://www.samh.org.uk/documents/How_to_help_a_friend_1.pdf</p> <ul style="list-style-type: none"> • A short guide on dealing with exam stress <p>https://www.samh.org.uk/documents/Testing_Times - online_version.pdf</p>		
Young Carers	<ul style="list-style-type: none"> • Links to support organisations and practical tips for young people who are young carers and/or for others who support young carers <p>https://education.gov.scot/improvement/learning-resources/supporting-young-carers-in-education-during-covid-19/</p>	Online	Targeted
General information /advice	<p>Websites designed for young people</p> <p>https://www.unicef.org.uk/working-with-young-people/coronavirus-guide/</p>	Online	Universal
	<p>Scottish Children Commissioner's Young Persons Hub via Young Scot.</p> <p>Information on Covid-19, what do if feeling anxious and how to support others in community.</p> <p>https://young.scot/campaigns/national/coronavirus</p>	Online	Universal
Supports for Staff Wellbeing			
	<p>Covid-19 page for staff – promoting wellbeing and providing information on online learning, transitions and government resources</p> <p>https://blogs.glowscotland.org.uk/fa/epspractitioners/introduction/423-2/</p>		
	<p>A general page for adults who may need some</p> <p>https://blogs.glowscotland.org.uk/fa/epservice/how-we-work/support-for-adults/</p>		
	<p>Online learning materials which can assist staff, particularly the course on anxiety and the course on Compassionate and Connected Communities (includes use of the NHS 5 ways to wellbeing framework: Connect, Be Active, Take Notice, Keep Learning, Give)</p> <p>https://blogs.glowscotland.org.uk/fa/epspractitioners/service-delivery/online-learning-for-practitioners/</p>		
	<p>@SAMH have produced an e-module 'We all have mental health' designed for teachers and support staff who work with children and young people. Sign up here for the introductory, short course:</p> <p>https://www.samh.org.uk/about-mental-health/elearning-for-teachers</p>	Online	Universal

Educational Psychology Service Online Training Opportunities session 2020-21

Topic, Key EPS Contact & Target Audience	Descriptor	Level 1 2 3	Model of delivery & Expected Availability
Blended learning pedagogy: what we need now and what elements will create a stronger education provision for the future LMcL Primary & Secondary mainstream education establishments	Transferring known and emerging evidence-informed approaches to effective blended learning pedagogy is required. The evidence underpinning these effective approaches is derived from multiple disciplines within psychology. Accessible translation of this evidence will be provided. This includes strengthening the learning elements that will add greatest value to education provision post-covid-19.	1/2	Self-directed learning: written guidance & online module August 2020
Bridging the Gaps: effective approaches to engage low attaining learners: endeavouring to prevent the widening of attainment gaps LMcL Primary & Secondary mainstream education establishments	Falkirk Educational Psychology Service has already contributed to advice and research in relation to bridging attainment gaps (including poverty-related gaps). Revisiting the key messages and approaches is now required in relation to covid-19 requiring school closures and blended learning. Current responses will include applying known successful approaches, adaptation of approaches and new innovation to optimally respond. It should not be inevitable that children & young people are disadvantaged in their attainment and outcomes.	2	Self-directed learning: written guidance & online module September 2020
Risk assessment, analysis & management LMcL Inclusion & Wellbeing Service (already committed to) Following delivery, materials could be adapted for delivery/use in wider education contexts	Enhancing risk assessment, analysis and management approaches using strong evidence informed approaches, national and local policy and tools. A focus on specific applications within the Inclusion and Wellbeing Service taking account of trends in complex additional support needs giving rise to risk.	3	Materials for structured consultations with service managers & thereafter training to wider staff group Timescale tbc
Disorganised attachments: enhancing trauma informed knowledge and practises. Inclusion & Wellbeing Service (already committed to)	Responding to learners with disorganised attachments requires specialist relationship-based approaches. This programme will focus on <ul style="list-style-type: none"> • applying evidence-informed approaches to enhance practitioner trauma-informed 	3	Combination of online session delivery, self-directed learning & reflective

	<p>knowledge and skills (eg. Compassionate and Connected Communities)</p> <ul style="list-style-type: none"> • strengthening implementation and sustaining acquired knowledge and skills • Ensuring wellbeing supports for practitioners undertaking this challenging & demanding work. 		<p>conversations (coach consult) September 2020</p>
<p>Supporting Autistic Early Years Learners</p> <p>Elaine.fitzpatrick@falkirk.gov.uk</p> <p>Julie.yuill@falkirk.gov.uk</p> <p><u>Target audience:</u> 3-5 Early Years Staff; Infant P1-3 Class Teachers; Enhanced Provision Class Teachers</p>	<p>This is a 4 session course with reconnecter session</p> <p>Session 1: Understanding Autism and the triad of impairments, & impact of Sensory difficulties on the learner.</p> <p>Session 2: Assessment tools: How, why and when to use them.</p> <p>Session 3: Intervention approaches: Environment to the individual level.</p> <p>Session 4: Understanding functional behavioural approaches.</p>	<p>1&2</p>	<p>4 Online PowerPoint modules & Re-connector Q & A session</p> <p>Summer 2020</p>

Ideas we think will be helpful

Topic, Key EPS Contact & Target Audience	Descriptor	Level 1 2 3	Model of delivery & Expected Availability
Bridging the Gaps: effective approaches and pedagogy for learners with specific ASNs – eg. Poor mental health, low engagement; ASD (possibly LMcL)	<p>Enhanced knowledge from modules provided on</p> <ul style="list-style-type: none"> • Blended Learning • Bridging the Gaps: effective approaches to engage low attaining learners: endeavouring to prevent the widening of attainment gaps 	2/3	Self-directed learning: written guidance & online module
Innovative and creative approaches to provide targeted support within coronavirus restrictions/arrangements (LMcL - collaborative with ASL/schools)	<p>Regular responsive forums to build collective efficacy across practitioners within and across education establishments to apply agreed and emerging solutions to challenges arising to ensure high quality provision for learners with the most complex ASNs.</p> <p>A coach consult framework for facilitating high practitioner self regulation and solution generation could be designed to ensure consistency in consultation approaches provided across children's services officers and education establishments both in individual consultation and in online bleathers.</p> <p>Themed consultations likely to be most effective – based on stage/particular ASNs etc.</p>	2	Series of 'sharing good practice & seeking solutions' online bleathers
Practitioner resilience: feeling empowered, managing challenges (LMcL)			