



inclusion and  
wellbeing service

---

**watch us grow**

## June 2024 Newsletter

- Head Teacher's Message
- School Achievements
- Staffing Update
- Outreach
- Primary
- Secondary
- Out and About
- Animals
- Family Support



01324 501090



@IWBSFalkirk



inclusionandwellbeing@falkirk.gov.uk

## Head Teacher's Message

Another year done and so many highlights to look back on, from amazing work done by our pupils, exciting developments by staff and a whole new adventure for our parents and carers' group who went into mainstream schools to help support other groups. I feel so proud to have been able to watch the IWBS community grow and progress together. Sadly, we will be losing some of our wonderful staff after the summer holidays – Mrs Craig is off to be a Head Teacher in Edinburgh, and Ms Penn is heading to university to do her teacher training. We wish them all the best for the future (and Ms Penn has promised to come back and be a teacher here!).

I hope you all have a wonderful summer break, and look forward to seeing you all back in August. Don't forget the summer programme that runs throughout the break – details can be found below. Staff will be back from Monday 12th August for Inservice, and pupils will be back in the building from Wednesday 14th August.

Have a great holiday!  
Paul Stones.



# School Achievements

## Keeping The Promise

The Promise Scotland is an organisation that exists to support Scotland in keeping its promise to care experienced people. The Keeping The Promise Award aims to reduce the stigma that many care experienced people feel by promoting consistency and the use of non-stigmatising language.

We are very proud to announce that earlier this month we became the first school in Falkirk to achieve the Keeping The Promise Award.

## Rights Respecting Schools

UNICEF is the world's leading organisation working for children and their rights. The Rights Respecting Schools Award is granted to schools that show commitment to promoting and realising children's rights and encouraging adults, children, and young people to respect the rights of others in school.

As a school we have had a door competition, bake sale and lots of classroom activities linked to these rights and we are delighted to announce that we have been awarded the Silver Rights Respecting School Award. It was amazing to see how the whole school pulled together to earn this award.



Check out  
#IWBSrrsa on  
Twitter for  
more photos  
linked to our  
work on rights.

# Staffing Updates

## Mrs Craig

I just wanted to thank all current and former pupils, parents and staff for an amazing 7 years with Falkirk Council! I have enjoyed my time! This job has taught me the importance of patience, understanding the brain and how it relates to behaviour, how to be adaptable and how to have fun whilst doing an important job. I have many fond memories of my time here and will miss everyone very much. I will especially miss the laughter and friendships that I have made over the years. I am so excited for my new adventure in Edinburgh and wish everyone all the best! If you ever need a hug, just get in touch! 😊

Mrs Craig



## Miss Penn

Hello everyone!

If you didn't already know, I am leaving this job at the end of this term and will be training to become a Teacher. I have absolutely loved my time working here and have learned so much from the staff and the pupils, and I will use the skills I've gained here for the rest of my life. I am extremely grateful for all the wonderful relationships I have developed here, and I will truly miss everyone. Thank you to all of the pupils for making my job fun and everyday different, there hasn't been one day here where I haven't laughed! I hope to see everyone again in the future but until then, I wish you all the best of luck!

Miss Penn

# Staffing Updates

## Newly appointed staff

As a result of Miss Penn and Mrs Craig moving on, we have a few staffing changes within our service.

We are delighted to announce the following changes to our staffing:

- Hayley Addy is our new Acting Depute Head Teacher
- Jen Haston is our new Acting Principal Teacher for Primary
- Jacqui Fraser has a temporary teacher post and will be teaching our primary pupils

# Outreach

## Training

Our Outreach team have been busy with training over the past term. Some of our staff have been out delivering training to our local schools. This training has been a success and our staff have received positive feedback.

Some staff have completed the Decider Skills training. This is an evidence based resource that uses cognitive behaviour therapy to teach young people how to recognise their own thoughts, feelings and behaviours. These staff have then been able to use the resource to support pupils in schools.

Our staff have also been trained in Let's Introduce Anxiety Management (LIAM). This is an intervention for anxiety in children and young people. We are looking forward to using this to support learners next session.



# Primary

## Kids Day Out

Last week we had the pleasure of attending the annual Big Kid Day out! We get invited every year to celebrate our successes from our school year. The children have the opportunity to meet other children with additional support needs and spend the day with them at Stirling Rugby Club. The boys really enjoyed all the big inflatables, face painting, snacks and activities. Police Scotland were also there. They told us all about the jobs that they do to keep us safe and showed us some of their equipment. We really enjoyed trying out their handcuffs and sitting in the back of the police van!



# Secondary

## Meta-Skills

Meta-skills are higher-order skills that contribute to creating adaptive learners. They are transferable skills that can support learners in a variety of contexts throughout their lives.

The following skills are classified as meta-skills:

- focusing
- integrity
- adapting
- initiative
- communicating
- feeling
- collaborating
- leading
- curiosity
- creativity
- sense-making
- critical thinking



In Secondary our pupils have been taking part in a variety of activities to develop these skills and have been learning about how these skills benefit them.



# Out and About



## Beach Trips

We are so lucky to be located close to so many beautiful beaches. Visiting a beach can help to lower stress and is a great place to develop relationships. Pupils across the service have been out experiencing these benefits, exploring and learning about the wildlife they have spotted.





# Out and About

## Shelters

Pupils have been able to demonstrate problem solving skills and resilience through learning about building their own shelters. They have also been learning about the importance of leaving no trace.



## Team Work

What a day for some outdoor messy play! These pupils had a brilliant time making muddy recipes and they showed great listening, creativity and resilience!



# Out and About

## Cycling

Our pupils love getting out and about on the bikes. Some of our primary pupils and staff cycled a 10km loop and had a snack at the Kelpies. Other pupils have been visiting local pump tracks to develop their skills.



## Walk and Talk

Well-being walk and talk with a play in the park! These young people had expressed an interest in getting out and about more so that's what we did yesterday!



# Out and About

## Litter Picking

Some of the pupils have been taking part in litter picking as part of their #DofE It is great to see them working hard to help the local community!



## Cuningar Loop

Our pupils have been exploring Cuningar Loop in Rutherglen. There is lots to do there like woodland walks, a bike track, a playpark and bouldering.



# Out and About

## Falkirk Outdoor Education

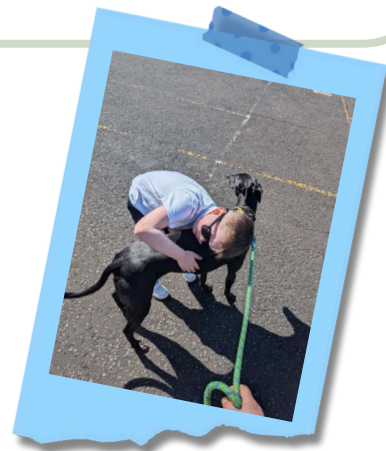
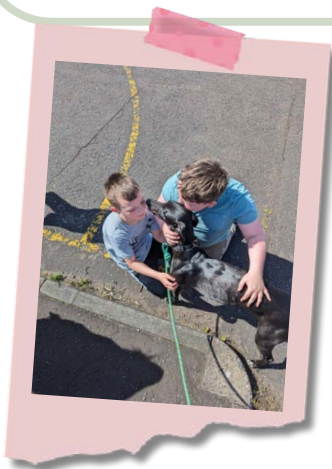
Our pupils have had their Falkirk Outdoor Education Sessions. Primary have been rock climbing and paddle boarding. They all gained their Paddle Start certificates. Secondary pupils have also been paddle boarding and they have also been coasteering. We are very proud of our pupils for stepping out of their comfort zone to try new activities, boost their confidence and develop resilience.



# Animals

## Toby

Toby has just finished up his second year of being our school dog! He started his summer holidays a little bit earlier than everyone else because our pupils have been so busy with end of term trips. He is already missing all of his cuddles, going for walks with his friends and playing football.



## Horses

We are very lucky to be able to work with Equine Outreach in Bothkenner. There are lots of benefits to spending time with horses such as increasing social connection skills, building bonds and increasing confidence.



# Family Support

## Wellbeing Wheel

The Keep it Real Family group have been focussing on and taking time for Health and Wellbeing and self-reflection. The parents filled in their own wellness wheel and took time to reflect on their emotions and how we can possibly improve these in different situations.

## Outings

We have visited Blackness castle where we enjoyed a walk along the beach looking for shells, The Pineapple where we hugged trees and looked for spring flowers, Linlithgow Palace where we walked along the loch side enjoying the tranquil loch and Culross where we had a very windy walk out the pier and enjoyed a lovely warm coffee and scone. The parents have been enjoying spending time socially and sharing their own life experiences which is empowering others to feel more confident and self-reflective.



@IWBS\_Family

# Family Support

## Summer Programme

We have our Summer programme planned for 8 days in July after having been funded with £1030 from Fairer Falkirk. We have local park days planned for family picnics, outdoor games, family fun and good times with siblings and peers.

We are also planning to use some public transport for days out in to Edinburgh, Summerlea and to go to crazy golf.



## Keep It Real

We have our Wednesday Family groups where our door is always open for all parents. Find out more on the next page.



@IWBS\_Family



# Family Support

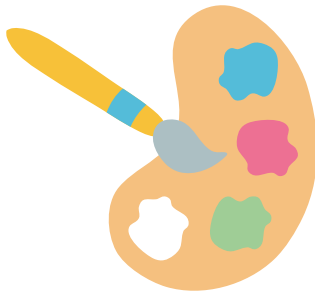
## Keep It Real



Keep It Real, a group for parents and carers to receive the support they need. We cover a wide range of topics such as health, stress relief, relationships, friendships and family dynamics.

## Make Time For You

This is a space for you to off load and share de-stressing techniques.



- We take part in a variety of activities such as:
- arts and crafts
  - cosy wee chats
  - tea and biscuits
  - beauty and hair
  - walks and talks



inclusion and  
wellbeing service

**watch us grow**

