**Kitbag Certified!**

After a number of years integrating Kitbag into their schools, Pitteuchar West and Warout Primary Schools will become certified Kitbag Schools. On Monday 26th September, the International Futures Forum will award them the status. In order to attain this status, a school must not only use Kitbag across the entire school but must also demonstrate examples of pupils themselves taking a leading role in their use for sessions with their peers. In achieving this award, it displays the school’s great commitment to helping all of their students’ progress by helping them to overcome barriers of communication and anxiety allowing them to express themselves in alternative ways. Margaret Hannah, Director of Health Programmes, commented “We congratulate both Pitteuchar West and Warout Primary School on achieving Kitbag School status. Whilst this involves a lot of work the reward is knowing children, staff and families are having meaningful conversations about their feelings and have effective ways for dealing with stress and difficulties.”

So, what is Kitbag? It is a multi-sensory resource, that helps people to express themselves and communicate with others in safe and easy ways. It is used in one-to-one work, pairs and groups, helping everyone share how they are feeling around issues of concern and be heard, receive reassurance and empathy from others.

As one pupil at Pitteuchar West stated “I have used the Kitbag with my worries and it has helped me a lot”, another pupil at Warout Primary School commented “The Kitbag makes me feel calm. When we are doing Kitbag, we need to work on listening to the person who is talking.” Just a couple of examples of the many students who have benefitted from the resource.

Kitbag is not only confined to the school. There are mini-Kitbags and online Kitbags. Mini-Kitbags are smaller and contain fewer activities and resources but have been used by both schools to help their pupils at home. The Mini-Kitbags have allowed pupils to improve their communication and expression of emotions with their parents just as they did within school, strengthening relationships at home.

Staff at both Pitteuchar West and Warout Primary school have used Kitbag. Pitteuchar West using them in staff meetings, which helped staff members to “loosen up and feel more comfortable” at meetings and at Warout Kitbag has been used at the end of two terms to support staff Health and Wellbeing.

Congratulations to the Pitteuchar West and Warout Primary school’s students and teachers for their achievement. To find out more about Kitbag visit*:* [*https://www.iffkitbag.com/*](https://www.iffkitbag.com/)