

## Draw & Talk



At Arkleston we provide a one to one experiential drawing programme for pupils led by some of our staff over 12 weeks. It focuses on prevention, early intervention and recovery from emotional trauma. Over time a symbolic resolution is found to old conflicts and children are more able to control their behaviour, better able to access an academic curriculum and have higher self-esteem. This supports the child's character to make a successful transition into adult life.

## The Exchange



We understand that children often show their feelings through their behaviour. The Exchange specialises in providing psychological support to our families through the use of drama and play therapy. Their therapeutic interventions focus on helping children develop resources that they need in order to cope more effectively with adverse circumstances and life events. In this way, our families can develop the skills they need to support one another and improve overall resilience

## Calm Minds



Calm Minds is an intervention which supports our young people with their mental and emotional well-being. Interventions will be carried out in relation to anger and depression, offering a safe space for pupils to explore relaxation techniques.

## PATHS



Our paths is a core part of our health and well-being curriculum across the school. This comprehensive programme promotes emotional and social competencies and provides a range of alternative thinking strategies to our students, helping them to recognise both comfortable and uncomfortable feelings.

As part of the programme pupils are given opportunities to be 'PATHS kid of the day.' This is a time to celebrate their unique character strengths by giving compliments. The child will receive these from staff, families and their peers.

## Therapet



We offer support to some of our students through our dog friendly Therapet. The kind, gentle interactions with the dog in our AV room helps reduce stress and support pupils with the challenges from an overwhelming, often busy classroom environment. Pupils are given opportunities to explore social skills, and enjoy developing reading skills with the Therapet as a supporting stimulus.

## Home Link



We are fortunate to work with Mr Paul Harrison, our home link worker. He supports our children and families, ensuring integration into mainstream schooling. Paul currently offers two clubs, a Tender Loving Care group for our younger pupils and a lunch club for our older children. Both give the opportunity for children to be supported emotionally and to develop resilience.



## Fizzy Programme

Recommended by occupational therapy, our support staff lead our Fizzy and Hands programme with pupils in P1-4. It covers three levels and assists in the development of motor skills for our children who find it challenging. The programme focuses on three main aspects which include balance, ball skills and body awareness. Pupils participate in a range of active activities and certification of progress is awarded at completion of levels.



## Do Be Mindful

Mindfulness is at the core of our Arky curriculum, with pupils and staff across the school participating in its key methodologies. The Do Be programme is delivered by staff, and provides essential techniques and useful tools, including recommended breathing techniques. The whole school approach helps to rewire the brain for increased happiness, wellbeing and productivity and can be encouraged in the home environment helping to facilitate parental involvement. 'Children are more ready to learn and can self-regulate. I'm glad we introduced it.' Arkleston Teacher 2021

## Lego Therapy



Some of our support staff are trained in leading this therapy based programme. With Lego as the central stimulus, this inclusive provision help and support children's communication, language, social skills, and emotional and behavioural responses through play activities. Pupils engage in group and single sessions depending on the needs of the children.

# Arkleston Primary



## Nurtured & Included Agency Support

