Learning Links: Emotion Matters

Welcome to Learning Links: Emotion Matters.

A series of leaflets all about how our school supports the mental health and wellbeing of our children.

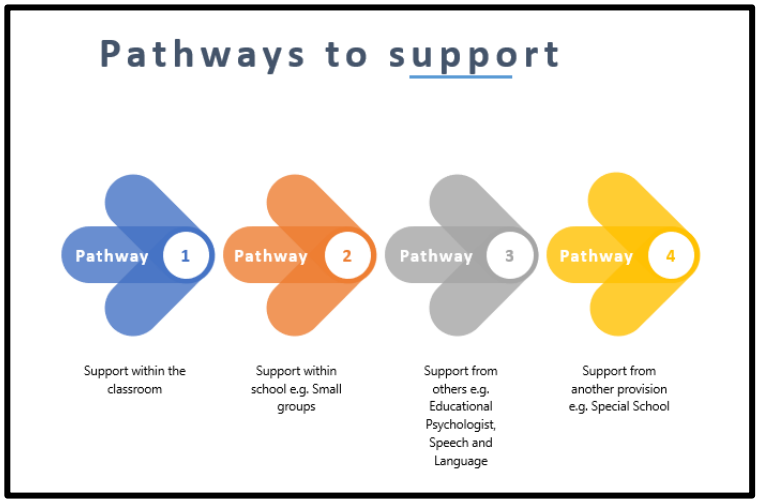
Volume 2: Extra Support for Wellbeing

Children, like adults, will go through ups and downs and the levels of support they require will differ at different points in throughout school. At Ratho Primary, we have a variety of supports that we can offer children when they need a little bit extra to help.

Ratho Primary School
learning links

Our Pathways to Support

Children in our school receive the levels of support to match their need. This can be done through four pathways:



This leaflet details the approaches and interventions available to support mental health and wellbeing at pathways 1, 2 and 3

School Counsellor

Pupils in Primary 6 and Primary 7 can now access support from a school counsellor by speaking with their teacher. We share our school counsellor with Dean Park Primary School, Kirknewton Primary School and Balerno Community High School. Any referrals made to the school counsellor will be discussed with parents and carers before support begins.

Pupil Support Officers

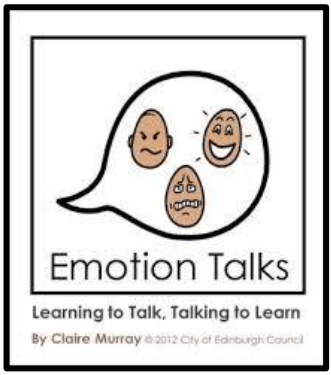
We have two Pupil Support Officers who are trained in range of programmes to support our children's well being including anxiety management, emotion talks and positive behaviour coaching. Our Pupil Support Officers can also offer advice and support to parents on supporting their children on request via the school office.

Let's Introduce Anxiety Management (LIAM)

Our School Nurse and our Pupil Support Officers are trained in delivering the LIAM programme to support children who need help managing their anxiety. Children aged 8+ can be referred by their Class Teachers or parents and carers. Once a child is referred, the case is discussed with a Clinical Psychologist who then decides if the intervention is the best way forward or not.

Emotion Talks Focus Groups

Emotion Talks can also be used with smaller groups of children to develop their understanding of emotions. A child might be referred by a class teacher (in consultation with Parents and Carers) to these groups which are run by trained members of school staff and staff from the Additional Support for Learning team.



Raising Children with Confidence Course

We have staff trained in school to deliver City of Edinburgh's 'Raising Children with Confidence' course. This is a course run in small groups where parents and carers can learn new strategies to support their children in both learning and their health and wellbeing. When groups run, we will contact parents with ways to sign up.

Lego Groups

Some of our staff are trained in running Lego groups. Lego groups use Lego as a stimulus to develop social skills such as turn taking, eye contact, listening and conversation skills.

Talk and Move Groups

We also have school staff trained in running Talk and Move groups. These are small groups designed by Speech and Language Therapists and run by school staff to support children with social skills in a fun, energetic way! Referral to these groups is made by Class Teachers in consultation with a Speech & Language Therapist, Parents and Carers.

Seasons for Growth

'Seasons for Growth' is a support group that we offer at key points throughout the school year. This group is run by trained staff 'companions' and is designed to support children who are facing big changes in their life. This group is run during school time and uses the imagery of the four seasons to teach children that change is a normal part of life. Children self-refer for this group, parents and carers are contacted before the group starts.

Zones of Regulation

Zones of Regulation is a visual strategy that helps learners to consciously regulate their actions and emotions. It helps children to recognise when they are in different emotional states called "zones,". They learn how to stay in, or move, zones by exploring calming techniques, cognitive strategies and sensory supports. Zones of Regulation can be personalised as targeted support for individuals to support their emotional wellbeing.

Coming soon!

Find out more about these approaches on our 'Learning Links' YouTube Channel!