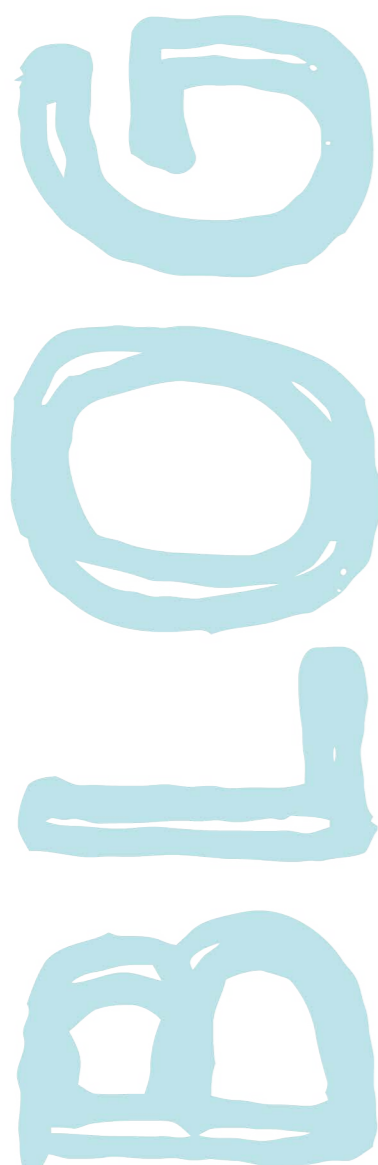
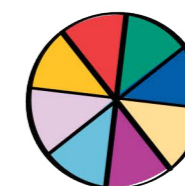




At Amisfield Primary School children have a deep understanding of disability, diversity and wellbeing. They engage confidently in conversations about their own wellbeing and that of others.



We feel that it is very important to make children familiar with a variety of coping strategies that enable them to self-regulate and manage challenging situations from a very young age. We encourage children to express how they are feeling by asking, 'What's your weather?' as a check in and like the weather can change, so too can your mood and how you feel. We also encourage the use of affirmation cards to instil a positive mind-set and on occasion we lead relaxation and visualisation activities with the children which they love! We celebrate success through 'Doing well' with certificates and awards but we are mindful of developing emotional and mental wellbeing through 'Being well' and the children love to nominate someone for this award at Assembly time.

Karen Scriven, Headteacher



Our advice would be to make excellent use of your local Disability Sports Club. Invite an athlete into school as part of a fund-raising event. It not only raises funds for a local charity but it raises the profile of the club. It is about identifying a new club for similar minded children in your own school. We have a local Special Olympian who visits the school as a volunteer. The children can talk about this young adult with a learning disability really well and show that she is a welcomed member of the Amisfield community.



As a result, the children are caring and tolerant of others. Through learning about diversity and equality for all with the rshp.scot piloted resources, they know how to accept people the way they are.