



Equalities Newsletter

January/February 2022



Welcome to the January-February 2022 Equalities newsletter!

Well, hello and here we are in 2022! Happy New Year! We hope you're well and that the term has started well too, amidst all the ongoing challenges. We have another packed newsletter for you and here are a few highlights...

We'd really encourage you to explore **brand new resources on discovering Edinburgh's links to Slavery and Colonialism** with your P5 – S6 pupils, and to support them to participate in the important review/consultation this month, so that our young people can **influence decisions about their city** (see page 2).

Of course, **February is LGBT History Month**, so that's our focus and we have an update on the roll-out of the LGBT Charter in our secondary schools—some primaries too!

And we bring you LOTS of really exciting **Professional Learning Opportunities** (page 6-7) including **The Human Library** ('What's that?' I hear you ask—it's brilliant—read on to find out more!), **Implicit bias in our schools: how it shows up and what can we do about it?**, **An Introduction to Facing History's unit Teaching Holocaust and Human Behaviour** ... and that's just a few...

So, what are you waiting for...? Enjoy!!

In this issue...

- **Calendar of events** for January and February, with selected resources
- **Sharing Good Practice:** Castlevew Primary School
- **Focus on LGBT History Month and World Hijab Day**
- **Equalities Training Opportunities**
- **Additional information and resources**
- **Edinburgh's Slavery and Colonialism Legacy Review and consultation— CHILDREN AND YOUNG PEOPLE'S ENGAGEMENT**

Sharing Practice

We're always on the look-out for practice to share through the newsletter—we'd love to hear about what you're doing - large or small!

Please send in your contributions

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PLEASE NOTE

While we aim to check all information, resources, events, website links and social media sites, we suggest that you explore these to ensure that they are suitable for your settings and communities. Please do let us know if we have missed anything! We welcome your feedback and suggestions for items to include. Please send these to:

Nikhat.Yusaf@ea.edin.sch.uk Sandra.1.Scott@ea.edin.sch.uk

EDINBURGH SLAVERY AND COLONIALISM LEGACY REVIEW
CHILDREN AND YOUNG PEOPLE'S ENGAGEMENT—JANUARY 2022

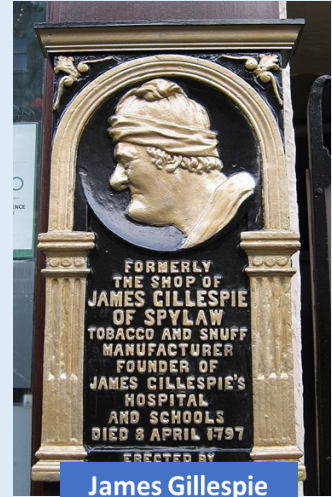
What connection do these historical figures and buildings have to Edinburgh's Slavery and Colonialism Legacy? Discover a new set of resources to explore this fascinating topic with pupils from P5 to S6, and support them to engage in the consultation!



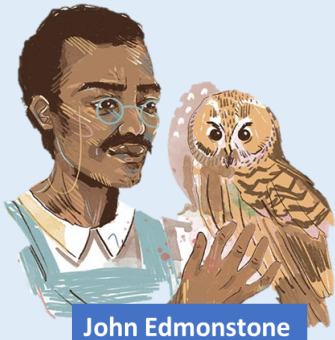
Bute House



Frederick Douglass



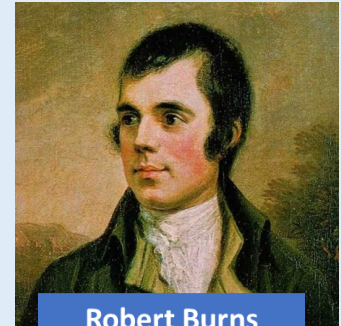
James Gillespie



John Edmonstone



John Gladstone



Robert Burns

The resources are **READY!**

What? The aim is for as many children and young people from **P5 to S6** to **learn about some of Edinburgh's links to slavery and colonialism and to take part in the consultation.**

How? Through one or more **lessons (all resources and teachers' notes provided)** and a **pupil-friendly version of the public consultation (on MS Forms)**. Senior Phase students may wish to take part in the main, public consultation. There will also be an opportunity for pupils to take part in **focus groups**. Some of these groups are being facilitated by ELREC (Edinburgh and Lothians Regional Equalities Council); others by Schools and Lifelong Learning.

When? January 2022

How can I find out more? The **overview and all the resources can be downloaded from the Equalities Tile [Inclusive Curriculum - Home \(sharepoint.com\)](#)** [see 'Edinburgh Slavery and Colonialism Legacy Review' folder]

Start—or continue— your journey towards a diverse, inclusive and decolonised curriculum here and support children and young people to exercise their right under UNCR Article 13!

We look forward to hearing from all those schools and teachers who take part!

Calendar of Events



JANUARY

1st	New Year's Day
4th	World Braille Day
6th	Epiphany (Christianity)
16th	World Religion Day
17th	Martin Luther King Day
28th	Mahayana New Year (Buddhism)
25th	Burns Night (Scotland)
27th	Holocaust Memorial Day

FEBRUARY

1st-28th	LGBT History Month *
1st	Chinese New Year (Year of the Tiger)
1st	World Hijab Day *
4th	UN International Day of Human Fraternity
6th	International Day of Zero Tolerance To Female Genital Mutilation
7th-13th	Children's Mental Health Week
11th	Racial Justice Sunday
	International Day of Women and Girls in Science
12th	Red Hand Day For Child Soldiers
	Teng Chieh/Yuen Sui-Chinese Lantern Festival
20th	World Day of Social Justice
24th	Introduce A Girl To Engineering Day
21st	International Mother Language Day
21st –6th Mar	Fairtrade Fortnight
25th	International STAND UP To Bullying Day
	Purple Friday

Links to a few free 2022 diversity holidays and observances calendars

[2022 Diversity Holidays & Observances.pdf\(Shared\)- Adobe Document Cloud](#)

[diversity_calendar_21-22.pdf \(ucl.ac.uk\)](#)

[display.aspx \(manchester.ac.uk\)](#)

In a world that has become increasingly more diverse than the year before, every organisation needs a reminder of cultural holidays, religious observances, and celebrations from around the world.

Selected Resources

JANUARY

4th World Braille Day World Braille Day, celebrated since 2019, is observed to raise awareness of the importance of Braille as a means of communication in the full realization of the human rights for blind and partially sighted people.

[World Braille Day | United Nations](#) [What is World Braille Day? - Braille Works](#)

16th World Religion Day World Religion Day is celebrated every January on the third Sunday of the month. Its aim is to promote understanding and peace between all religions, encouraging people to learn about other faiths and their followers.

[World Religion Day - Teaching Resources - BBC Teach](#)

17th Martin Luther King Day Martin Luther King Jr. Day celebrates the life and legacy of Martin Luther King, Jr on the third Monday of January each year.

[Martin Luther King, Jr. Day 2022 - Event Info and Resources \(twinkl.co.uk\)](#) [MLK Day \(activityvillage.co.uk\)](#)

27th Holocaust Memorial Day Holocaust Memorial Day is the designated as a day of remembrance for those who lost their lives during the Holocaust. It also remembers those killed in other acts of genocide, like those in Cambodia, Rwanda, Bosnia and Darfur. This year's theme is One Day. The official [National Holocaust Memorial Day event](#) for Scotland will be streamed online on 26 January at 6pm The [programme](#) will go out on the Edinburgh Interfaith Association YouTube channel.

[Holocaust Memorial Day Trust \(hmd.org.uk\)](#) [Event Info and Resources \(twinkl.co.uk\)](#)

FEBRUARY

1st-28th LGBT History Month [LGBT History Month | Home](#)

1st Chinese New Year (Year of the Tiger) Chinese New Year is a very important holiday for Chinese people. The date changes from year to year because it follows an ancient farmer calendar, which is based on phases of the moon. [Chinese New Year - Teaching Resources - BBC Teach](#) [Chinese New Year 2022 - Event Info and Resources \(twinkl.co.uk\)](#)

1st World Hijab Day Women from all ethnic backgrounds and faiths are cordially invited to wear the hijab (headscarf) for a day on [#WorldHijabDay](#), February 1st, 2022 in solidarity with Muslim girls and women around the world. Join the conversation: [#DressedNotOppressed](#)

[World Hijab Day | Better Awareness Greater Understanding Peaceful World](#)

6th International Day of Zero Tolerance To Female Genital Mutilation In 2012, the UN General Assembly designated February 6th as the International Day of Zero Tolerance for Female Genital Mutilation, with the aim to amplify and direct the efforts on the elimination of this practice.

[International Day of Zero Tolerance for Female Genital Mutilation | United Nations](#)

25th Purple Friday On the last Friday of February, we celebrate Purple Friday: our annual fundraising day. It's all about taking action; standing up against homophobia, biphobia and transphobia, and helping us make Scotland the best place for LGBTI young people to grow up.

[Purple Friday is calling you! | LGBT Youth Scotland | LGBT Youth Scotland](#)

Professional Learning Opportunities



Save the date - 23rd March 2022 - 4.00-6.00pm The Human Library

Audience: SMT and Equality Co-ordinators (further dates to be announced)

The Human Library offers 'readers' the opportunity to spend time with, and hear first-hand from, individuals who are often marginalised or discriminated against in some way. It is a powerful session and could be a helpful tool in challenging unconscious bias.

Note: We are in the process of organising a human library event for our ECs and SMTs. More information and details about the event will be shared nearer the time in the meantime here is a wee [video](#) explaining more about the Human Library and what it sets out to achieve.



6th Virtual #DiverseEd January 22nd - 9.00am-1.00pm (free event)

#DiverseEd event will build on panel discussions in previous virtual events but the format will be a series of mini-talks.

Theme: Representation

Click [link](#) to register and for further information.

Learn online with EIS: Equality Taster Training This training will:

- Increase your knowledge of equality legislation and how it relates to education
- Raise your awareness of inequality and increase your confidence in addressing it

Visit <https://equality.eis.org.uk/tastertraining/> to start your learning.



EIS 'Dynamics of Gender at Work' online webinar 18th January, 4pm – 6.30pm.



- Welcome and scene setting: Fair Work for women
 - Poetry reading by Scots performer of the year 2021, **Len Pennie**
 - Guest speaker **Talat Yaqoob**: Understanding Gender inequality at Work
- Case studies and collaborative action planning facilitated by Equality trainer **Ellie Muniandy**

Please sign up [here](#) to register for this workshop session.

The Bell Foundation

Welcoming Refugee Children: Advice and Guidance for Schools (Webinar) 9th Feb, 4.00pm

Experts in the field will offer practical advice to schools about welcoming refugee children and supporting newly arrived learners who are refugees.

Please sign up [here](#) to register for this webinar.

Education Scotland #Improving gender balance and equalities' (IGBE) workshops 'Improving gender balance self-evaluation framework' workshops on [27 January](#), [2 February](#) will look at using the framework to implement a whole setting approach to addressing gender imbalance and promoting equalities.



'Looking at data through an equalities lens' workshops on [24 February](#), [2 March](#) will look at the IGBE data guides in more detail.

Professional Learning Opportunities

SPEAK UP!

RACE, BIAS AND MY CLASSROOM

Scotland's Development Education Centres are offering teachers the opportunity to participate in this series of Anti-Racist webinars running in January – March 2022.



Book a spot on this series of Anti-Racist webinars for Scottish educators from Scotland's Development Education Centres. Developed in partnership

with experts, the modules combine the social justice lens of Global Citizenship Education with Anti Racist Education perspectives.

[Sign up form for Scottish Educators](#)

Implicit bias in our schools: how it shows up and what can we do about it? 19th January and 2nd February 2022 | 5pm – 6.15pm

Anti-Racist Education through the Sustainable Development Goals: a Global Citizenship approach to decolonising the primary curriculum 26th January and 2nd February 2022 | 4pm – 5.30pm *This work is led by Wosdec in collaboration with Nuzhat Uthmani, teacher and EIS and BAME activist.*

An Anti-Racist Approach to Global Issues and Action 28th February and 7th March 2022 | 5pm – 6.45pm *Delivered in partnership with teachers from the Anti-Racist Educator with a secondary focus*

The Legacy of slavery in Scotland: classroom approaches 16th and 30th March 2022 | 5pm – 6.30pm *Delivered in partnership with the National Library of Scotland a local historian*

GTC Scotland
Lecture
2022

Ethics and the Teaching Profession:

Why What We Value, Think and Do Really Matters

Tuesday, 25 January 2022 at 4pm

GTCS The GTCS warmly invites you to join Dr Shirley Van Nuland for its annual Lecture. Dr Nuland's research interests include standards of practice, ethical standards, and codes of conduct as these intersect in

the lives of teachers and students. Currently she is researching the new teacher education program in Ontario and new teacher induction and mentorship programs in Canada.

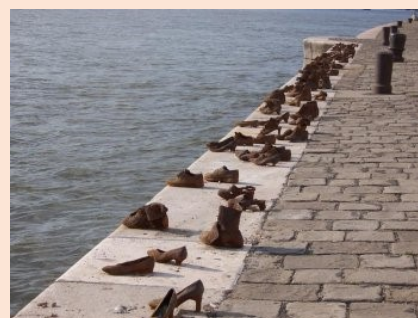
Sign up [here](#).

[An Introduction to Facing History's unit Teaching Holocaust and Human Behaviour](#)

2nd Feb 2022—4.30-5.30

This webinar is intended for secondary school teachers who are looking for different ways to teach the Holocaust and other challenging materials to their students, and is supported by a grant from The Association of Jewish Refugees.

Note—to attend the event you will need to register on the website. Registration is free.



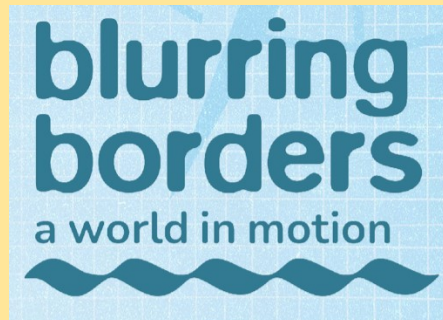
Introduction to the Equality and Equity Toolkit - Free online training sessions—multiple dates Jan/Feb/May

This session will introduce the Toolkit and is for parents/carers, school staff, and others in your school community who want to think about equality and equity.

Register: [Equality and Equity Toolkit Tickets, Multiple Dates | Eventbrite](#)

Toolkit <https://education.gov.scot/improvement/learning-resources/equality-and-equity-toolkit>

Focus on LGBT+ History Month



Throughout February 2022, explore the waves of LGBT+ liberation around the globe. [Download the Action Pack now.](#)

LGBT History Month takes place in February every year and offers the chance to connect and to reflect on the past and present of the LGBT community. It's an opportunity to celebrate LGBT culture and progress towards equality over time, and to explore what the lessons of history can teach us for the future. While [LGBT Youth Scotland](#) creates the annual theme and co-ordinates its website and event listings, LGBT History Month can only exist with your support. The events which take place throughout the month are delivered by community groups, schools, volunteers, activists, and organisations from the private, public and third sectors. Anybody can take part, and everyone who decides to host an event, however big or small, whether online or in-person, helps to make LGBT History Month what it is. The theme is intended to inspire, engage and provoke conversation – what that looks like is entirely up to you.

THIS YEAR, WE'RE INVITING YOU TO THINK BEYOND BORDERS.

- To consider that, while Scotland has made great strides towards equality, the journey has come at a slower pace in some parts of the world, and faster in others.
- To recognise that the direction of travel has not always been linear; the waves of progress have ebbed and flowed.
- And to ask ourselves: what is Scotland's place within this global movement?

Right now, our friends in countries like Poland and Hungary are faced with a rising tide of anti-LGBT rhetoric and a rollback of their human rights. In 69 UN member states, including a majority of African nations, LGBT people are still criminalised under homosexuality and "cross-dressing" laws, as well as being targeted under numerous other offences. The Council of Europe has recently pointed to the UK as one among several countries where the advances of recent years are "under threat" amid "extensive and often virulent attacks on the rights of LGBTI people", particularly in the form of "anti-trans narratives". We know that no country, including Scotland, has yet reached the destination of protecting and championing the rights of all LGBT people, and no country is immune to the backlash against progress. As a global family, LGBT people and allies live in fragile times. Against this backdrop, we encourage you to come together and reflect on the power of people and the strength of solidarity across borders.

In February 2022, take part in LGBT History Month by blurring borders and exploring the waves of LGBT liberation and community across the globe.

LGBT History Month-UK Wide

<https://lgbtplushistorymonth.co.uk/>

Focus on LGBT+ History Month

After a very unusual couple of years caused by the pandemic, and the continued uncertainty it brings with it, we hope 2022 will allow for a return to more in-person activities, alongside evermore creative online events. Every year, people celebrate LGBT History Month by hosting events, ranging from small coffee mornings and intimate poetry readings, through to largescale cabarets and performances. By using online tools like Zoom, Microsoft Teams or Google Meet, distance is no longer a barrier to bringing people together. Why not try hosting an online lecture or speech on a specific topic, a panel discussion with Q&As, or an LGBT history themed quiz (you could even try virtual quiz tools like Kiwzzbit or AhaSlides)?

Planning an event in school? Spread the word!

Whether you're running an event or sharing a story online, we want to use the LGBT History Month Scotland channels to amplify it and get people talking. Download the [package of promotional graphics](#) we've created which advertise LGBT History Month and the Blurring Borders theme. You can use these on your social media or web posts, or print the poster to show your support.



Supporting Care Experienced LGBT Young People

Information to support foster carers and young people including videos made by young people for care experienced LGBT young people

<https://www.threecirclesfostering.com/lgbt-youth-in-care>

Supporting Young BAME People and Intersectionality

Useful guidance in supporting young people to understand the significance of intersecting identities.

“What is it like to be a black, gay young man (...and other significant identities the young person may have)? “

<https://www.theproudtrust.org/download/supporting-bame-young-people/>

LGBT People of Faith: LGBT History Month Posters

Posters to download to highlight that LGBT people thrive and are represented from all walks of life

<https://www.stonewall.org.uk/resources/lgbt-history-month-posters-lgbt-people-faith>

Guidance and Resources; Edinburgh Learns, Equalities

A selection of good practice items, useful resources and guidance to support LGBT+ young people

<https://cityofedinburgheducation.sharepoint.com/sites/EdinburghLearns/Equalities/LGBT>

LGBT Charter Funding

The City of Edinburgh Council have partnered with LGBT Youth Scotland to support all schools in the local authority in their aims of ensuring all schools in Edinburgh are welcoming, inclusive, and equal spaces for all students. As part of this initiative City of Edinburgh Council are funding secondary schools within the local authority to go through the LGBT Charter programme over a 3-year period between 2021-2023.

Born out of young people involved with LGBT Youth Scotland who wanted to see sustainable change in their learning environments, the LGBT Charter is a 12 to 18-month framework which supports schools and organisations to become more inclusive of LGBT people and identities. During their journey, schools review their policies to ensure they are inclusive, have relevant training, and deliver LGBT-inclusive campaigns alongside young people. This 12 to 18-month programme is designed to support schools by providing the training and the framework to support LGBT young people, staff, and families.

LGBT Youth Scotland are so excited to be working with teachers and staff at primary and secondary schools in Edinburgh on their training and supporting them to create inclusive environments for LGBT young people in the area. The passion and commitment of young people, teachers and school staff never ceases to amaze us.

12 secondary schools and 3 primary schools within Edinburgh are currently undertaking the LGBT Charter programme, with several more due to begin the programme at the start of 2022. Many of these schools have undertaken activities such as increasing the amount of LGBT inclusive books in the school library, ensuring that LGBT people are represented in the school curriculum and providing safe spaces for LGBT young people and allies through lunch time groups. Additionally, all schools undertaking the LGBT Charter programme will receive LGBT Awareness Training from LGBT Youth Scotland to ensure staff are increasingly confident in supporting LGBT young people, staff, and families.



Lorne Primary Whole School Flag Signing – Currently undertaking the Charter at Silver Level.

LGBT Youth Scotland is currently supporting these schools in their journey through 1-1 support meetings and providing access to a shared LGBT Charter Hub with numerous resources. One of our recent resources was a lesson plan and materials for International Pronouns Day which includes a presentation, teacher notes and pronoun badge templates. Several schools have engaged in awareness raising events to discuss LGBT identities, history, and discrimination. Students within the City of Edinburgh have participated in making pledges to contribute to an inclusive classroom environment through events such as LGBT Poster making or flag signing to raise visibility within the school.

Young people from some of these schools have been sharing their experiences of the LGBT Charter programme and LGBT inclusion by speaking at a Scotland-wide LGBT Inclusive Education event which took place in September of 2021. The young people at this event expressed how increased LGBT representation in schools has made them feel safe and supported. Pupils discussed how some new build schools are including gender neutral facilities and that they have witnessed increased visibility and representation of LGBT people in the school curriculum.

Schools have had the opportunity to share best practice and advice whilst on this journey through group meetings hosted by LGBT Youth Scotland. This has provided opportunities for the schools to showcase the impact their work has had on learners and share the progress being made across the local authority.

Several schools in Edinburgh have already completed the LGBT Charter programme and will look at upgrading their Award within 2021-2023. We asked schools who have completed the programme to describe the benefits the LGBT Charter has had in their school:

"It forces you to evaluate your practice and really consider if your policies, practice and ethos is inclusive of LGBT identities. The pupils will definitely benefit." Gylemuir Primary (Silver Awardee 2020)

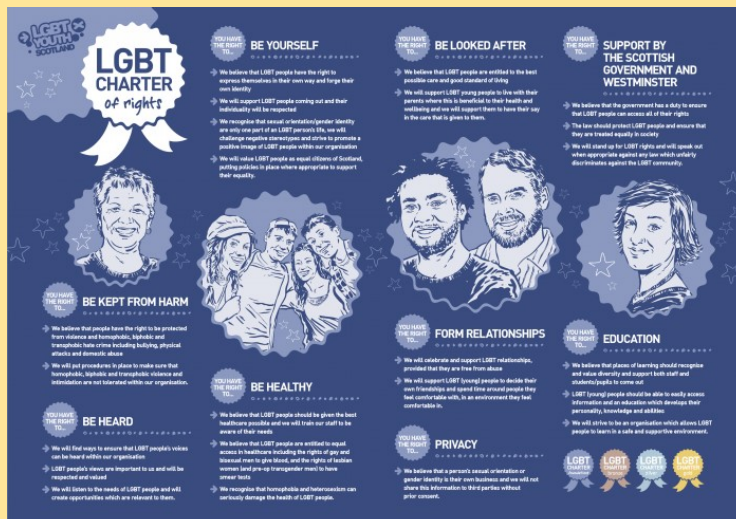


Queensferry High School - Bronze Awardee 2019

"The level of training we received was fantastic and staff became more confident in their approach... Pupils commented that they felt increasingly safe, nurtured, included and respected in school." Queensferry High School (Bronze Awardee 2019)

We hope you'll join us in wishing the Edinburgh schools 'good luck' on their Charter journey and a huge thanks for their hard work and commitment to LGBT inclusion.

If you would like to know more about LGBT Youth Scotland, the LGBT Charter and how we can support you to be more inclusive of LGBT young people, please visit our website at <https://www.lgbtyouth.org.uk/> or contact our team at LGBTCharter@lgbtyouth.org.uk.



Sharing Good Practice: Castleview Primary School Wear a Skirt Day

On 4th November 2021, a pupil-led celebration of equality at Castleview Primary School hit the headlines nationwide and sparked TV and radio debates about gender roles. Castleview's P6 pupils decided that they wanted to lead their school in supporting the [#ClothesHaveNoGender](#) campaign after learning about the importance of breaking down gender stereotypes. The [#ClothesHaveNoGender](#) started in Bilbao, Spain in 2020 after a male student was expelled from school for wearing a skirt and his male teachers supported him by challenging gender stereotypes by wearing skirts themselves. P6 pupils wrote to Castleview's Senior Leadership Team to ask if they could organise their own Wear a Skirt to school Day. Castleview PS school leaders responded enthusiastically and supported the pupils to develop their ideas and involve the whole school, taking to Twitter to express their pride and encouragement.



Pupils of all ages and genders were delighted to take part in Wear a Skirt Day, as were their teachers. Many parents supported the initiative and shared their children's pictures on social media with messages of encouragement such as

"My children attend this wonderful school. They are confident young learners who are encouraged to be unapologetically themselves and to accept and love others for who they are. Well done Castleview."

Alongside these overwhelmingly positive responses, there was an element of predictable backlash in certain sections of the media. Rather than being disheartened by this, the school used these responses to support learning, analysing the media reaction in class.

As always, we would love to hear about pupil-led equalities work across the city. Please contact Nikhat.Yusaf@ea.edin.sch.uk if you would like us to feature your event, or if you would like to discuss your ideas for future events.



Daily Mail, Friday, November 5, 2021
Male teachers in skirts as expert says pupils being 'brainwashed'
 Primary school 'equalities' event sparks backlash



Focus on World Hijab Day

February 1st, 2013, marked the first annual [World Hijab Day](#) (WHD) in recognition of millions of Muslim women who choose to wear the hijab. The movement was founded by New Yorker Nazma Khan, who came up with the idea as a means to develop understanding by inviting non-Muslim women and non-Hijabi Muslim women to experience the hijab for one day.



By opening up new pathways to understanding, Nazma hopes to counteract some of the controversies surrounding why Muslim women choose to wear the hijab.

Nazma reflects, "Growing up in the Bronx, in NYC, I experienced a great deal of discrimination due to my hijab, 'she reflects. 'In middle school, I was 'Batman' or 'ninja'. When I entered University after 9/11, I was called Osama bin Laden or terrorist. It was awful. I figured the only way to end discrimination is if we ask our fellow sisters to experience hijab themselves."

It's estimated that people in 190 countries take part in World Hijab Day every year. WHD has many volunteers and ambassadors worldwide to conduct WHD events in order to bring awareness about hijab. These ambassadors come from all walks of life. In addition, WHD has been endorsed by many world renowned individuals including scholars, politicians, and celebrities worldwide. In 2018, the Scottish Parliament also hosted a three-day exhibition to mark the day. Many politicians including Nicola Sturgeon-First Minister of Scotland, showed support to World Hijab Day.

WHD 2022 campaign theme: Hijab Is Our Crown, Not A Crime.

WHD 2022 official hashtag: [#DressedNotOppressed](#)

"If a woman could choose to wear a miniskirt, surely I could choose to cover my hair?" Mona Eltahawy (Egyptian-American journalist)

"Some of us cover to protect our bodies some of us cover to protect our souls. In both cases, respect their choices." Anjum Choudhary (writer and poet)

Source: [World Hijab Day 2022](#) | [Eventlas](#)



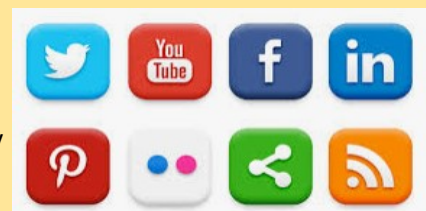
Social Media

LGBT+ History Month Scotland (Twitter [@LGBTHM](#)) Information and events about LGBT+ History Month

LGBT Youth Scotland (Twitter [@LGBTYS](#)) Scotland's national charity for LGBTI young people, working with 13-25 year olds across the country. LGBT Youth Scotland also deliver the LGBT Charter programme

Scottish Youth Parliament (Twitter [@OfficialSYP](#)) MSYPs are the democratically elected voice of Scotland's young people. Follow our journey to make Scotland the best place in the world to grow up.

Bilingualism Matters (Twitter [@BilingMatters](#)) Research and information centre @Edinburgh Uni providing evidence-based information on having more than one language.



Additional Resources and Information

Mental Health—If you know a young person who is seeking support, please let them know that they can contact any of the following trusted organisations if they need to speak to someone:

Childline is open 24/7 and you can talk to a Childline Counsellor over the phone, email or live chat. Visit <https://childline.org.uk/> or call 0800 1111.

Breathing Space Scotland provides mental health support through a phone helpline. Visit <https://breathingspace.scot/> or call 0800 83 85 87.

Hopeline is aimed at preventing young suicide and you can speak to them on the phone or over email. Visit <https://papyrus-uk.org/hopelineuk> or call 0800 068 41 41.

The Mix provides advice to young people via a phone line, email support and live chat. Visit <https://themix.org.uk/> or call 0808 808 4994.

Samaritans are open 24/7 and they focus on suicide prevention. Visit <https://samaritans.org/> or call 116 123.

In emergencies, please call 999 immediately.



Support for Families

Valuable information on free or low cost programmes, activities and groups available for families which was previously listed in booklets and leaflets has been transferred to this online version. It is hoped that this will make it much easier for parents and professionals to find support when it is needed.

In a parent consultation which was carried out during lockdown, many parents and carers said they were unsure about where to find information on support. At a time when many families are still struggling, you could help to raise awareness of the *Support for Families* webpages as widely as possible. Please add the link and the following text to your website and social media sites.

Find up to date information on the support and activities available for families across Edinburgh at www.edinburgh.gov.uk/supportforfamilies

If you need help finding support for you or your child, email supportingparentsand-carers@edinburgh.gov.uk

Find information on the support available for families across Edinburgh





Friendly and practical help for people with a physical disability

Ecas has reopened its grants programme and is now taking applications for their newly launched Covid Relief Grant Fund.

Grant applications are open all year round and are open to physically disabled people of all ages and, subject to certain exclusions, can be for anything not covered by statutory sectors. Some examples of the grants are: help to buy furniture, white goods and electronic goods; pay for a holiday; meet student fees; and much more.

If you know someone who might be able to apply for one of these grants, [find out more](#) on the Ecas website. There you'll get information on exclusions, eligibility criteria and amounts people can apply for. You can also get in touch with the Ecas office on [07500 221618](tel:07500221618) or email hello@ecas.scot

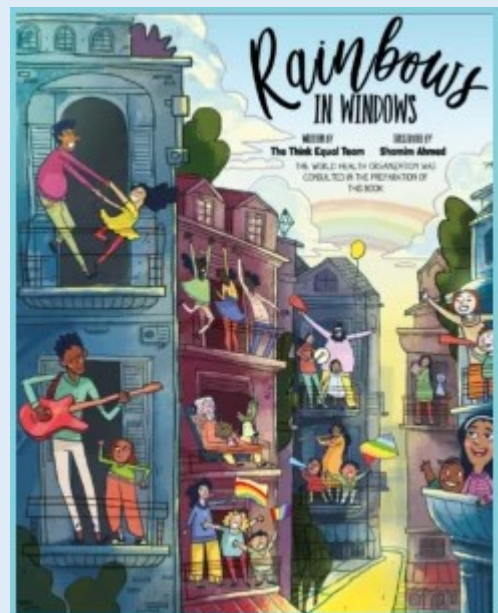
Think Equal Resources

Please take a moment to explore the support and resources available from [Think Equal](#).

Think Equal is a global initiative which calls for a system change in education, to end the discriminatory mindset and the cycle of violence across our world and ensure positive life outcomes for our children. Together with world experts, Think Equal has designed a programme to teach social and emotional learning to early years (3-6-year-olds). We ask those who have a duty of care to our children: "how can it be deemed compulsory for a child to learn mathematics, but it is optional for that child to learn how to value another human being or to lead healthy relationships?"

The Think Equal programme has been created by global thought leaders in the fields of education, psychology, human rights and neuroscience, and comprises three age-appropriate levels, each containing 22 to 24 original narrative picture books, 90 lesson plans and accompanying resources. It has been designed and scaffolded based upon evidence gathered over the past six decades about what constitutes high-quality, powerful intervention with lifetime effects.

Think Equal has created an original book in response to the COVID-19 pandemic – [sign up](#) to receive your free online copy.



Promoting Race Equality and Anti-Racist Education

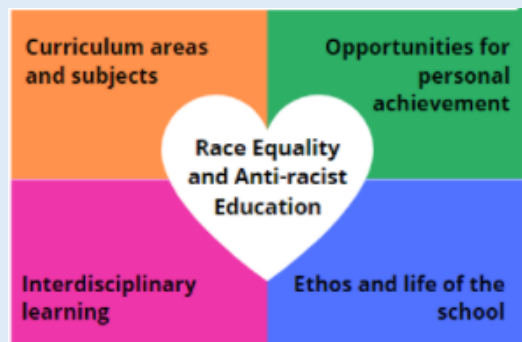
Please take some time to look at the Glow blog [Promoting Race Equality and Anti-racist Education \(glowscotland.org.uk\)](https://glowscotland.org.uk). The blog aims to support teachers to explore:

- What is race equality and anti-racist education?
- Why do we need to discuss these in all establishments?
- What do we need to do individually and together to promote race equality and anti-racist education?

Scotland's schools and Curriculum seek to promote and inspire a sense of belonging, inclusion and social justice for learners, practitioners and the wider community. Racism of any form has no place in Scotland, and our education system provides an opportunity for the learning, debate and leadership that will help us to eradicate racism in wider society.



Learners have a right to learn in an equitable environment where all cultures, religions, identities and languages are recognised and valued and where the curriculum responds positively to the diverse needs of individual learners, reflecting the uniqueness of our communities. Anti-racism in education is for all learners, whether living in one of Scotland's cities or in a small rural community. Anti-racist education is set in a rights-based context, supporting learner agency and is underpinned by the four capacities.



Education Scotland **would love to hear about ways you've been threading race equality and anti-racism through your work. Please get in touch by following [this link](#).**

Food in School Survey 2021

Edinburgh school meals aim to provide healthy, tasty options for hungry learners.

The four-week menus are designed to offer children a variety of nutritious lunches that include familiar favourites, as well as tempting new tastes to try. Meals are freshly cooked in schools each day (schools with kitchens), using seasonal, locally sourced ingredients where possible.

Feedback is important to us and we would like to know what parents/carers think about food in schools. Completing this questionnaire will help us evaluate this and how we develop in the future. For any further information please contact:

foodinschools@edinburgh.gov.uk

Link to Survey MS form: [Food in School Survey 2021](#)

Please highlight this survey and share the link widely with learners and parents via school newsletter and other usual means of communications. The survey closes on 19th Jan.



SYP Election Results

The Scottish Youth Parliament is the democratically elected voice of Scotland's young people. Since the SYP was established in 1999, members have worked tirelessly to deliver the kinds of change to society that young people want to see.

Edinburgh now has eleven new Members of the SYP representing our young people. Ten of those elected are from state schools in the city, seven are young women and three are from a black and minority ethnic background. One remaining seat, in Northern and Leith, will be contested in the new year. We are proud to say that Edinburgh registered the highest number of expressions of interest from potential candidates and fielded the most candidates (26) of any local authority. We also achieved the highest voter turnout in Edinburgh since 2015 with 2,500 young people voting, despite many of the usual campaigning activities being curtailed because of the pandemic.

For more information about the election and the successful candidates, please see @edinburghMSYPs and explore [Home - Scottish Youth Parliament \(syp.org.uk\)](https://www.syp.org.uk)

Edinburgh Councillor Ellie Bird, Young People's Champion, said ' *I want to commend the astonishing achievements and contributions of all 26 candidates that stood across Edinburgh in the Scottish Youth Parliament election, and warmly welcome the eleven new MSYPs into our city's elected member family. The success of this year's election is a testament to the commitment and passion of everyone involved in prioritising the voice of young people, at a time when it's never been more important.*

Due to the restricted access to schools, youth clubs and community centres, candidates have had to rely on their own ingenuity, creativity and sheer dogged persistence to get their message, and their vote, out.

The determination that these young people have demonstrated in standing up for what they believe in by putting themselves forward for election and to be accountable to their electorate, especially during such a challenging period for young people, is nothing short of inspirational. I know they all have a lot to offer their communities and the causes they care about most, and I can't wait to see what they do next and look forward to working with Edinburgh's newest group of elected representatives to place young people at the heart of policy and decision making.

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