



**Education and Learning**

# Newsletter



**Improving Lives Together**  
Ambition | Compassion | Integrity

 Enabling children and young people achieve full potential

**PERTH & KINROSS COUNCIL**

## ELC Newsletter, Issue 46, January 2026

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### What's on

## **SG School Aged Childcare Consultation**

The Scottish Government plans to expand the school age childcare sector to make it easier for parents and carers to access the childcare they need.

The Scottish Government plan to do this by exploring potential changes to the way in which the sector is regulated.

There have been a number of online sessions to discuss the proposals to change the regulation of school age childcare to ensure that views from the school aged childcare sector are heard, which will shape the development of the childcare sector.

These specifically asked about:

- A separate definition for school age childcare
- Views on some of the different things we could include in the definition
- The impact of this change might be

There will also be an online consultation. As more information becomes available, updates will be provided through this newsletter.

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## **Invitation to National Network for Early Language and Communication**

The next National Network for Early Language and Communication will be held on Tuesday 3rd February 3.30-4pm on MS Team.

The network brings together people from across health, education, local authorities, third sector and community settings who share a commitment to improving early speech, language and communication outcomes. It is open to everyone, from strategic decision-makers and service leads to practitioners working directly with children and families who want to make a difference.

To date, the network has provided a valued space to:

- connect colleagues working in early language and communication across the system
- support a joined-up, preventative approach to early language development
- share learning, good practice, and evidence-informed approaches to prevention for early SLC concerns
- align local and national priorities

The network aims to build connections and create a practical, collaborative forum that supports whole-system change, from pre-birth through the early years.

Whether you were involved in the network previously or are coming along for the first time, we would be delighted to have you join. A more detailed agenda will be shared shortly. Please use the following link to join, which is also on the agenda: [Link to Join National Network for Early Language and Communication](#).

Please confirm whether you intend to join by following this link: [Register attendance at National Network for Early Language and Communication](#)

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## **Scottish Milk and Healthy Snack Scheme**

Please see the link to an updated version of the [Statutory Guidance for the Scottish Milk and Healthy Snack Scheme \(SMHSS\)](#).

The purpose of revising the guidance is just to bring it in line with the most recent version of Setting the Table which provides flexibility to settings to offer semi skimmed milk to children over the age of 1 year, unless otherwise advised by health professionals and most recent advice from Food Standard Scotland around the soya milk specification in Annex B.

Note that a review of SMHSS is still ongoing and there have been **no changes to the scheme** itself.

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## **Early Years and Childcare Biennial Survey**

Thank you to those who promoted and took the time to complete the Early Years and Childcare Survey that was open between November and December 2025.

We received 423 completed responses, and these are currently being collated and evaluated.

More information will follow and also be shared on the PKC Consultation Hub in March.

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## Annual returns

The deadline for completion is **Tuesday, 17 February 2026**.

The annual return is available for services to complete through the Care Inspectorate online [eForms](#) system. All services must complete their annual return electronically, using the eForms system. It is important that services regularly check their eForms account to make sure that their email address is up to date, and that only authorised people have access to their account. Please note that where the manager of the service has changed, you must formally notify the Care Inspectorate of the correct details. This can be done using our online [digital portal](#).

**Remember, even inactive services must submit an annual return.**

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## Safe Staffing Programme - Short Survey

Blake Stevenson Ltd, an independent social research company, is supporting the Care Inspectorate's Safe Staffing Programme (SSP) to review how the Health and Care (Staffing) (Scotland) Act 2019 is continuing to be embedded in everyday practice.

This short survey aims to help the Care Inspectorate understand:

- what SSP support you have used in the last 12 months and how you accessed it
- your confidence in implementing the Act and meeting its duties
- awareness and use of the Staffing Method Framework (SMF)
- the main risks you face, what helps in practice, and where clearer guidance is needed
- priorities for SSP support over the next 12 months
- (for commissioners) confidence and challenges in preparing for the HCSA annual report.

The survey is anonymous: no identifying information will be collected and results will be reported in aggregate only. Taking part is voluntary; by completing the survey you consent to your anonymised responses being used for analysis and reporting.

You can access the survey [here](#).

The survey will close on **13 February 2026**.

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## **ELC Improvement Team**

The ELC improvement team were asked by Scottish Government to commission an external evaluation of their programme. The programme focuses on providing targeted support to those settings currently or at risk of, not meeting the National Standard. In addition to this, the programme provides a range of universal resources to support all settings with improving quality.

The report concludes that overall, the ELC Improvement Programme continues to make a significant contribution to improving the quality and consistency of early learning and childcare in Scotland. Equipping staff with the skills, tools and confidence to lead improvement supporting a shared language of improvement across the sector. Its continuation and development will be essential to maintaining national consistency, supporting providers to meet the National Standard, and securing positive outcomes for children and families. Read the full evaluation report [here](#).

The ELC Improvement Programme have also recently updated their Quick Wins, SSSC bitesize, click [here](#) to view this.

# Parenting & Family Learning

## Upcoming courses for families

### Incredible Years

Incredible Years - Toddler programme for parents/carers of children aged 2-3 years

- Glenearn Community Campus
- Every Tuesday 3 March - 23 June (exc 7 & 14 April)
- 9.30am-11.30am

Incredible Years - Basic programme for parents/carers of children aged 3-6 years

- St Madoes Basic Group
- Every Tuesday 3 February - 26 May (exc 7 & 14 April)
- 9.30am-11.30am

Incredible Years - Basic programme for parents/carers of children aged 3-6 years

- Rattray PS Basic Group
- Wednesday 25 February - 17 June
- 10am-12noon

Incredible Years - Basic programme for parents/carers of children aged 3-6 years

- Auchterarder St Margaret's Hospital
- Every Friday 20 February - 19 June
- 9.30am-11.30am

### Group Teen Triple P

Teen Triple P is a parenting programme for parents of teenagers aged 12-16 years old.

Teen Triple P can help you

- Build a better relationship with your child
- Reduce conflict
- Keep your teenager safe
- Be realistic about parenting
- Take care of yourself

Upcoming Group Sessions

Microsoft Teams

Meet & Greet Wednesday 4th February 5.30pm -6.30pm

Then weekly from Tuesday 11th May 5.30pm – 8pm

### **Fear-Less Triple P**

Fear-Less Triple P is designed for parents of children 6 –14 years old experiencing anxiety. It offers evidence-based techniques to help reduce anxiety and build resilience in your child, while strengthening your confidence as a parent.

Next Groups:

In-person

- 2nd February 2026
- Perth Grammar School
- 5.30pm – 7.30pm weekly

Virtual

- 19th February
- 10am-12pm

[Email for further information](#)

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**Free Togetherness Training for families**

# TOGETHERNESS



## Understanding your child: from toddler to teenager

Online learning to support emotional health and  
make a difference for children and families

- Understand more about child behaviour and the big feelings
- Find ideas for connecting, talking and problem solving together
- Help your child thrive through strong, connected relationships
- Build your confidence in parenting



[togetherness.co.uk/scotland](https://togetherness.co.uk/scotland)

Residents of **SCOTLAND**, for free access, use access code: **TARTAN**

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Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](https://gov.scot)



*click on image to visit site*

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## Homestart Volunteer Opportunities



## NEW YEAR, NEW YOU! TRY VOLUNTEERING

Could you make a difference for local families?  
Many parents need a helping hand when children are young. Your experience could change lives!



Perth and Kinross

- ✓ Offer friendship and support
- ✓ Use your parenting skills to help others
- ✓ Gain new skills with our free training

"Volunteering is the best way to learn and grow, with great support along the way. I love the opportunities I've had!"

- Home-Start Volunteer

✉ Contact us today:  
[info@homestartpk.org.uk](mailto:info@homestartpk.org.uk)

■ Or scan the QR code to find out more!



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# Leadership, Learning & Development

## Training Offer 2025-26

[+ Add event](#)

	Emergency First Aid at Work (including Tue 3 Feb, 09:30		Positive Relationships Tue 3 Feb, 18:30		Emergency First Aid at Work (& Emergency Tue 3 Feb, 18:30
	Emergency First Aid at Work (including Thu 5 Feb, 09:30		Trauma Informed Practice to Informed Thu 5 Feb, 16:00		Child and Young Person Risk Assessment Training Mon 9 Feb, 09:30
	Moving and Handling (Refresher) Wed 11 Feb, 09:00		Solihull Approach - Foundation Training Wed 11 Feb, 09:30		Emergency First Aid at Work (including Thu 12 Feb, 09:30
	Child Protection Officer Training Mon 16 Feb, 09:30		Food Safety Management Wed 18 Feb, 15:30		Emergency First Aid at Work (including Thu 19 Feb, 09:30
	Emergency First Aid at Work (including Sat 21 Feb, 09:30		Introduction to Leadership and Tue 24 Feb, 18:30		Emergency First Aid at Work (including Thu 26 Feb, 09:30

[Visit Learning Hub](#)

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## Solihull Approach Foundation Training

The Solihull Approach is a framework which helps provide a practical way of working with and supporting families. It aims to increase the emotional health and wellbeing of children and their families, ensuring children have a good emotional start in life whilst supporting parents in a creative and consistent approach. The Solihull Approach helps parents process their own emotions and anxieties allowing them to cope and focus more clearly on how to assist their children's emotions, anxieties and behaviours.

### Upcoming Trainings:

2 day training (all trainings require completion of 3 hours pre-learning)

- 11th February – 9.30 – 16.30 – Loch Leven Community Campus
- 25th February - 15.00-18.00 – Microsoft Teams

### Aims:

1. to introduce practitioners to the Solihull Approach model as applied to working with babies, young children, young people and their families.
2. to introduce practitioners to the developmental effects of childhood trauma in relation to working with children and their families.

3. to introduce a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing.

**Outcomes:**

1. Practitioners will be more confident to support children, young people and their families.
2. Practitioners will be more aware of the impact of trauma.
3. Practitioners will have an effective and consistent approach across agencies as a shared framework.

[Book now](#)

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## Forest Kindergarten Training

We are delighted to be offering another Forest Kindergarten Training session in partnership with Perth College UHI.

**Target Audience:** All working in Early Years and Childcare

This qualification is run via learning materials which take a flipped classroom approach followed by an intense 3 day outdoor experience.

**Date, Time and Venue:**

- Tuesday 3 March 2026 - 4.00pm - 5.00pm - Online induction
- Tuesday 10 March 2026 – 4.00 - 5.00pm - Online preparation for the woodland
- Wednesday 25, Thursday 26 & Friday 27 March 2026 - 9.30am - 3.30pm - Practical woodland
- Tuesday 31 March 2026 - 4.00pm - 5.00pm - Assessment Discussion

**Aims and Outcomes:**

This qualification meets the needs of practitioners who would like to set up regular off-site visits to a local wood or nearby green space for children in their care. The National Work-based Award in Forest Kindergarten at SCQF level 7 recognises the value of woodlands as an integral part of the learning process for children and covers the knowledge, understanding and skills needed to develop a forest kindergarten.

[Book now](#)

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## Funding opportunities

### **Local School Nature Grants are back for 2026!**

Applications are open to schools and early years settings in England, Scotland, and Wales until 13 March. Apply now for your chance to get two hours of quality outdoor learning training for your staff, £500 worth of outdoor equipment for your school, a climate curriculum pack worth £150, a climate audit of your site, and more!

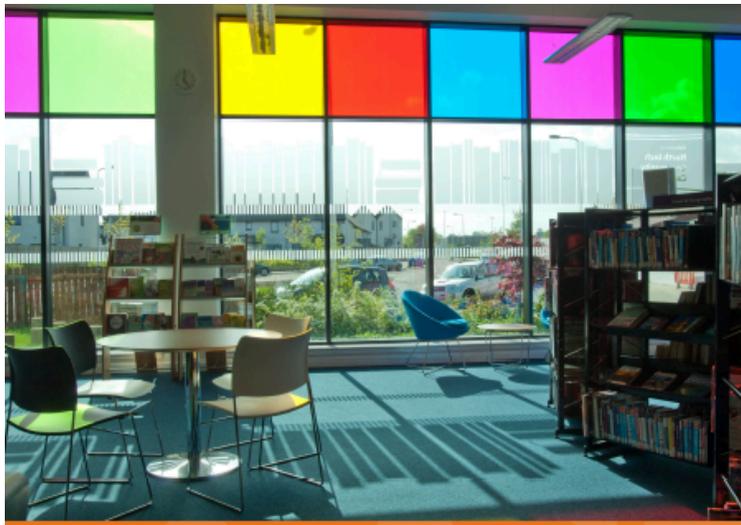
If you've received a Local School Nature Grant in previous years, you're instead eligible for our LSNG XL programme, which offers up to 30 hours of CPD training, alongside equipment and resources. Don't miss out on this amazing opportunity to embed outdoor learning and play into the school day!

[Apply now](#)

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## What's on

**Jump into North Inch Community Library**



## ***Jump into North Inch Community Library***

**Thursday 12 February 2026**

2pm | Free/£5 | North Inch Community Library

Join Tanya Roberts, comic book artist and illustrator as she leads a Draw-Along Workshop! Learn expert drawing tips. Limited places! Contact the library to book your spot. There will also be family-friendly activities including face painting (£5), hair braiding (£5), LEGO building, crafts and, of course, cake.



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## **Chinese New Year**

**Parade**  
12.30 pm  
Starts at George/High Street junction, proceeds to King Edward Street, St John's Place, St John Street, returning to 2 High Street

**Events**  
Midday to 3 pm  
Will take place in Council Building, 2 High Street

**Celebrate Chinese New Year**  
*Year of the Horse*  
**in the City of Perth**  
**Saturday 14 Feb 2026**

珀斯華人協會  
Perth Chinese Association  
[www.perthcityandtowns.co.uk](http://www.perthcityandtowns.co.uk)

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**Perth and Kinross Council**

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