



## SideBeSide Services at Osmani School

By Samira Shaya

OSMANI  
PRIMARY  
SCHOOL &

SIDEBESIDE



SPRING TERM 2016

### SideBeSide

SideBeSide has now been in Osmani School for four exciting months and the children and staff team have been making good use of our services. Our aim is to continue to tailor our services to meet the specific needs of the school by continuing to contribute to and enhance the schools excellent Pastoral services for their children and families as well as for the wider school staff team. I hope you will find this newsletter useful in updating you on the services we have been offering in the school. Should you have any questions or wish to contact me, I am at the school on [Mondays, Thursdays and Fridays](#). I am happy to meet with any parents or family members for a consultation or discussion about our services or to answer any questions you may have.

Samira Shaya  
Side Be Side Team Manager  
Child Psychotherapist

## The Current Therapy Team:

Samira Shaya – SideBeSide Team Manager at Osmani Primary School

Gary – Trainee Child & Adolescent Psychotherapist

Maria – Trainee Art Therapist

Anita – Qualified Child & Adolescent Art Therapist

Alicia – Trainee Art Therapist

Kana – Trainee Art Therapist

Alex – Trainee Adult Integrative Psychotherapist

Emily – Adult Humanistic Psychotherapist

Aysha – Social Work Student

## Therapeutic Services:

### One to One Child Therapy

We currently have **four** therapists working with **seven children**, who have been identified as requiring extra emotional support for various reasons. The children are seen in the schools therapy room, which has been created specifically to provide a therapeutic space for children. The children are seen once weekly by their allocated therapist for a period of 45-50 minutes. The aim of this therapeutic support is to enable children to have a space to access support surrounding any difficult experiences, events and emotions they may be experiencing and which may be impacting on their behavior and learning. The hope is that by providing ongoing therapeutic support, children will be supported to feel happier and more settled at school and to have a more positive experience of school, which will in turn will have a positive impact on their learning and overall well-being and development.

### Six Times Talk-Time

Whilst One to One therapy is offered as a longer term intervention (no less than six months), Six Times Talk-Time is a short-term, focused therapeutic support for children who have been identified as benefiting from some therapeutic support. Sessions are once weekly and are for a period of 20-30 mins. Currently **Four children** are being seen for Six Times Talk Time at the school.



The year 6's lunchtime group was asked to draw something that represented something about them. Many chose to draw the sun setting. Very symbolic as the sun starts to set over their time at primary school.



Year 4 lunchtime club pictures of something that represented them

## Therapeutic Services cont:

### Talk-Time

Talk-Time offers all children at the school, an opportunity to access support from an adult trained in therapeutic listening. Children are offered 10-15 minute slots during lunch and play breaks. Children can come alone, in pairs or more, to talk about anything they would like support with. Since we started in November, **72 children** at the school have accessed our Talk-Time service.

### In-Class Support

We currently have three of our trainees providing In-Class emotional support for **three children**, who have been identified as requiring a less intensive emotional support to encourage and develop their confidence, participation and/or learning in class. For example children who may become anxious or overwhelmed in class, or find it more difficult to settle and/or focus on tasks set in class due to feelings of anxiety, sadness, stress or other preoccupations.

### One to One Adult Therapy

As well as our therapeutic services for children, we also offer therapeutic support to adults, such as parents, carers or school staff. This includes consultation meetings to discuss any concerns or difficulties surrounding: children's behavior and presentation, parenting or teaching. We also offer one to one therapeutic support, surrounding any difficulties and life experiences, which may be impacting on the individual. SidebeSide believes that by supporting the adults in the children's lives, these adults are then able to better support the children in their care.



### Lunchtime Clubs:

Sidebe side currently runs two lunch-time groups for the year 4 and year 6 children. We are hoping to run another group after the Easter Break for the year 5 children also.

**The Monday Club** – This is for the year 4 children, consisting of **six children**. Half of the children who attend are new to the school and the aim is to support them with the transition into a new school, with friendships and peers relations and to develop their language and social skills. The children take part in a mixture of creative activities as a medium of expression.

**Thursday Club** – This club is aimed to support **eight year 6 children** (4 girls and 4 boys). As with the Monday club, the club aims to support with peer relationships, friendships confidence and group work. The children are encouraged to become involved coming up with creative ideas, negotiating and making decisions as to the activity for the club. After the Easter break the club aims to support the children in preparing for the transition to secondary school.



