



Unlocking Potential



Unlocking Potential Termly Update

Osmani Primary School | Jan 2022 – March 2022

05/01/22 – 03/03/22 only

The Team

UP Team Manager	Léonie Graham
Qualified Therapist	Kate Bowes
Qualified Therapist	Lucy Targui Brown
Trainee Therapist	Fanny Bara
Trainee Therapist	Dhana Bhide
Trainee Therapist	Sarah Newby
Occupational Therapy Trainee	No OT this term

Breakdown by Numbers

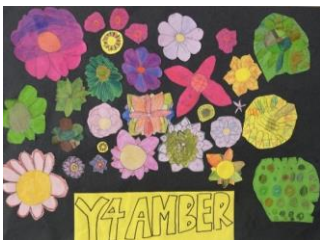
*OT & SaLT typically offered to schools once per academic year

Children seen in 1:1 Therapy:	16	Children seen in weekly clubs:	8
Therapy sessions offered:	110	Speak Up Sessions:	69
Children seen for 6xTalkTime:	6	Check Ins Sessions:	40
Children seen for OT*:	0	Professional Meetings:	8
Children seen for SaLT*:	0	Parent Meetings:	8

Children's Mental Health Week 2022 – My Identity Matters

UP led the children of Osmani Primary School in a celebration of CMWH (7-11th Feb). The theme this year was 'My Identity Matters; the children had lots of fun exploring what makes them unique and special. Being proud and curious of who you are and recognising the differences and similarities of everyone in the community helps foster acceptance of others and also contributes positively to your mental health. The children created representations of themselves as part of their classes and their school. You can download the UP teacher and Child CMHW Activity packs here:

<https://up.org.uk/the-schools-programme/childrens-mental-health-week>





Unlocking Potential

Embracing the New Year

The Spring Term can feel like a tough start without the excitement of being in a new academic year group that the Autumn Term brings, or having sunny days that brings hope in the Summer Term. However, as always I was proud to see the staff and children of Osmani come in buzzing with their aspirations for the New Year of 2022. Everyone took part in celebrating Children's Mental Health Week (see above) demonstrating a wonderful school spirit and culture of love and respect for each other and their differences. This feeling of safety and unity in school is so important for mental wellbeing, especially when other parts of the world are displaying a division that even the youngest members of our school community are likely to pick up on.

New UP Therapist

This term we have welcomed Sarah Newby to the team. She is training as a Child and Adolescent Psychotherapist with IATE, and will be working at Osmani on Wednesdays.

E1 Twilight

Unlocking Potential's Léonie Graham, Team Manager at Osmani Primary School and Complex Case Therapist, and Lucy Freeman, Head of School's Programme, provided a presentation on 'Short Sharp Strategies for the Classroom: How to check in on your children's well-being' at the E1 Schools Inset training. We covered topic including Daniel Hughes' PACE Model, and Zones of Regulation, as well as teaching tools for: Breathing to regulate emotion, creating a Wellbeing corner or worry Box, and identifying a child's circle of support. Some of these tools can be found under the Resources section on UP's website: <https://up.org.uk/resources/>

Reception Teacher

"My reception children love using the hand breathing exercise, I've seen them doing it by themselves in the playground"

Lunchtime groups and 6xTT

Our lunchtime group this term has focussed on creating stronger bonds in friendship through recognising kindness and thinking of 'the other's experience'.

We enjoyed making a variety of crafts including origami cat rings.



The children have been exploring self-love and individual life stories through Tree of Life work, and emotional regulation, in some of my 6xTT sessions this term.