



Unlocking Potential



Termly Update | School | Sept 2019 – Dec 2019

The Team

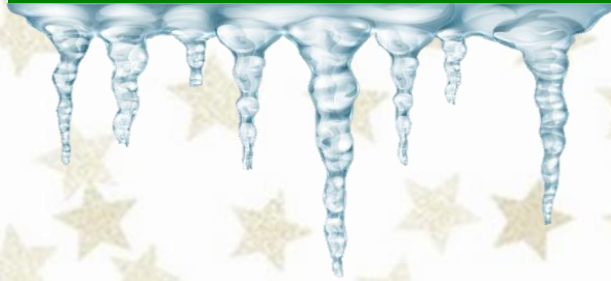


UP Team Manager	Rachel Shrive
Qualified Therapist	Tammy Zhelyazkova
Qualified Therapist	Kate Bowes
Trainee Therapist	Francesca Crocker
Trainee Therapist	Claudine Frieden
Occupational Therapy Students	Hannah Debedham
Volunteers	Shaminder

Breakdown by numbers



Children in 1:1 therapy	13	Children seen in weekly clubs this term:	31
Therapy sessions offered this term:	96	Children seen in Speak Up this term:	94
Children seen for 6xTalkTime this term:	6	Children seen in Check Ins this term	2
Children seen for OT this term:	25	Children supported by in class volunteers this term:	10
Children seen for SaLT this term	0	Number of Parent Meetings offered this term:	27
Children seen for in Therapeutic Group this term:	0	Number of Professional Meetings attended by the team this term:	1

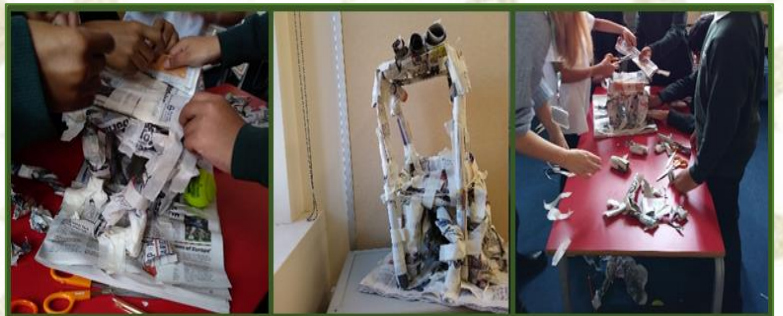


“I love coming UP because they listen to my worries and help me when I’m upset”



Communications group

Our year 5’s are currently participating in a teambuilding group to encourage communication and compromise. Their task is to build a tower from ONLY newspaper and masking tape, it has to be one metre in height with enough strength to hold 500 grams. Each week they elect a project manager who delegates the jobs and oversees the project; this allows each participant the opportunity to learn vital leadership skills and work as a team.



Staff Update

We will sadly be saying goodbye to Tammy at the end of term who has been an incredible asset to the team. Tammy-“Osmani is such a welcoming, kind and inclusive school. I have really enjoyed working with the children, teachers and parents.” Joanna Calder will be stepping into Tammy’s role to continue the invaluable support we offer, Joanna is looking forward to meeting the team and working alongside the school.



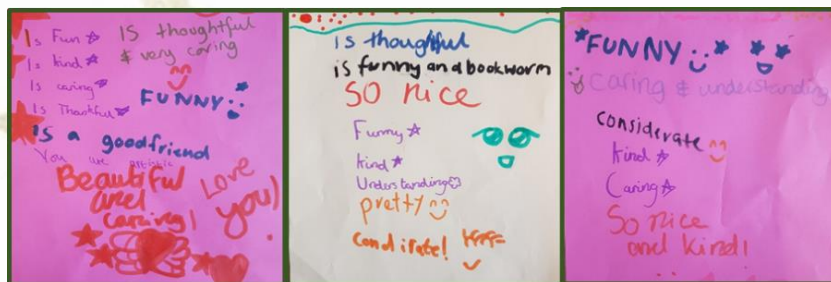
OT Interventions

Hannah, our trainee Occupational Therapist is with us until the end of December. Jess has been running 1:1 and group sessions with children to develop fine and gross motor skills. These pictures are of things children have created whilst practicing in 1:1 sessions:



Friendship group

Maintaining friendships can sometimes be tricky, we can often focus on the negative aspects of our relationships and neglect the positives. I ran a drop in club where children had the opportunity to write things they appreciate and like about their friends. This was a lovely project which put a smile on everyone’s face.



Mindfulness group

Our Year 6 lunchtime club have been busy making heated scent bags. These bags have been designed to connect the mind & body to the present, encourage relaxation, and alleviate stress and anxiety. The scents which proved most popular were Ylang Ylang, Lemon & Tea Tree. Alongside the crafts, the 6’s have also been participating in guided meditation each week. This club was designed to equip our yr 6’s with the tools to cope with everyday stressors, build self-confidence and make something fun.

