



OSMANI PRIMARY SCHOOL & SIDE BESIDE



SUMMER TERM 2016

SideBeSide Services at Osmani School

By Samira Shaya

SideBeSide

SideBeSide Services began at Osmani School in November 2015 and during the last 8 months we have offered a number of services to the school. Our aim continues to be to provide an excellent and professional service. Our service complements and enhances Osmani's already excellent pastoral care for children, families and school staff.

As always 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 parents or family members for consultations or discussions about our services or to answer any questions you may have.

Wishing you a lovely summer holiday,

Samira Shaya
SideBeSide Team Manager
Child Psychotherapist

The SideBeSide Team:

Our team has grown over the last few months and we have some new trainees including two new Child and Adolescent Therapist and an Occupational Therapist (OT). Unfortunately we will be saying goodbye to some of the trainee's; including all three of our Trainee Art Therapist, our 2 Adult Therapists, Social Work Student and Trainee OT. I am hoping that we will continue to build on our team in the new academic year, so that we can reach more children, families and staff at the school. I would like to take this opportunity to thank the entire team for their hard work, commitment and support during their time here.

Current 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

Katie – Occupational Therapist Trainee

Natasha – Trainee Child and Adolescent Therapist

Monica – Trainee Child and Adolescent Counsellor



Therapeutic Services:

One to One Child Therapy

We currently have **six** therapists working with **ten children**, who have been identified as requiring extra emotional support. The children are seen in the school's therapy room, which has been created specifically to provide a therapeutic space for children. The children are seen for one session 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 on going therapeutic support, children will be supported to feel happier, more settled and have a more positive experience of school life. This in-turn will have a positive impact on their learning, 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 would benefit from therapeutic support. Sessions are weekly and are for a period of 20-30 mins. To date **eight children** have benefited from Six Times Talk Time at the school.

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, **122 children** at the school have accessed our Talk-Time service.

Therapeutic Services:

In-Class Support

We have three trainees providing In-Class support for three children, who require support and encouragement. At times, some children may feel anxious or overwhelmed in class, due to events in their lives which result in stress, sadness or grief. Having a 1:1 adult in class to encourage and support them, enables them to develop confidence and to participate in lessons.

One to One Adult Therapy

SideBeside also offers therapeutic support to adults, including parents, carers or school staff. Consultation meetings are held to discuss any concerns or difficulties surrounding: children's behavior and presentation, parenting or teaching. We also offer one to one therapeutic support, for 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:

SideBeSide currently runs **three** lunch-time groups for the year 4, 5 and 6 children.

The Monday Club – Six Year 4 children, have attended the Monday club. Half of the children are new to the school and the aim is to support them to develop friendships alongside developing their language and social skills. The children take part in a mixture of creative activities as a medium of expression.

Tuesday Club – This group is run by our Social Work Trainee working with **six** Year 5 children. The children take part in creative activities, such as clay, painting, play-dough, and origami; with the aim of developing their confidence, self-esteem and peer relationships.

Thursday Club – To date **12 children** from Year 6 have benefited from attending this group. The club aims to support with peer relationships, friendships confidence and group work. The children are encouraged to initiate ideas for the club, then negotiate with one another to decide on the activities. In Summer 2 the club supported the children to prepare for the transition to secondary school.



Overview of SideBeSide Occupational Therapy

Occupational Therapists work with class teachers to help children overcome any difficulties children may have with their fine and gross motor skills (physical skills) and with attention or listening skills.

Currently, the student Occupational Therapist is working with **19** children on handwriting skills, attention and listening skills and sensory needs.

Children have benefitted from; 1:1 support to develop their handwriting skills, assessment and support to increase their listening and attention skills and assessments of their emotional needs.

Feedback is given to teachers and parents, as well as class mates where necessary, to help provide ongoing support to the children. The Occupational Therapist also provided teachers with training to ensure left-handed children have access to the necessary skills to learn to write correctly.