

The Team

Therapy Team Manager	Eunice Laurel
Complex Case Therapist	Kate Bowes
Therapy Trainee	Marian Isais
Therapy Trainee	Julia Savage
Therapy Trainee	Thania Tympanari
Occupational Therapy Trainee	Sophie Thomas

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“Sometimes my feelings get stuck in my throat, and I try to control them but they want to leak out. Talking to you feels like a weight has been lifted off my shoulders”.

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Year 6 pupil during a Check In



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“I was hoping our session was today.”

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Year 3 Child during an Occupational Therapy session

Breakdown by Numbers

9	Children seen in 1:1 therapy	15	Wellbeing Group and OT Lunchtime Groups offered
97	Therapy sessions offered	30	Children seen for Check-ins
6	Children seen for 6xTalkTime	55	Children seen for Speak Up's
13	Children seen for OT	25	Teacher Meetings attended
89	OT 1:1 sessions offered	18	Parent Meetings attended
4	OT Group sessions offered	9	Professional Meetings attended by the UP team

The children returned to the new academic year refreshed from the summer break, with the natural excitement and anxiety that comes with change and new chapters. The children from Year 2 all the way up to Year 6 were able to write down and share their worries through the UP Speak Up box, evidencing how the service is kept in mind by the children.

This term, UP's Therapy Team Manager, has created a 'Wellbeing Wall' in the school's reception, to encourage children to think about what it means to create the conditions needed to foster nourishment and care, for their young minds, hearts and bodies. Please feel free to add a butterfly message to the wall when you are going past! What helps you to foster and maintain your wellbeing? This is an important practice for all of us in these challenging times.

Occupational Therapy



UP's Occupational Therapy Service works with children to enhance their ability to participate in daily school activities and learning.

This term, our Occupational Therapy Trainee, Sophie Thomas, has been working with 13 pupils from Key Stage 1 with a range of activities from origami folding to threading pasta. These simple but important activities help to improve fine-motor dexterity for skills, such as, handwriting; and refine problem solving skills and enhance concentration for in-class learning.

All the children expressed having a great time and learning new, fun skills.

Wellbeing Group

The focus of this term's Wellbeing Group was on Emotional Literacy. The children learned to develop their vocabulary and fluency of emotions and feelings through collaborative games, discussion, dramatization and movement. Teaching emotional literacy early in life helps children develop a deeper self-awareness, and understanding, about themselves and others, resulting in more positive social connections.

In a self-led activity, the children created a 'Feeling Stew'. Every week, they added glitter 'ingredients' such as 'joyful', 'frustrated', 'hopeful', 'ashamed', or 'friendly', just to name a few, and the group used movement and drama to help them link their body-sensations to their 'Feelings Stew'.



Staff Updates

The UP service was pleased to welcome back our fantastic Therapy Team to the new academic year. We were also lucky to have trainee Occupational Therapist, Sophie Thomas, join us from Oxford Brookes University. Sophie joined us for one term on her final placement of her Occupational Therapy BSc Undergraduate Degree.

We say a very sad farewell to Kate Bowes, Art Psychotherapist, who has worked with the children of Osmani since 2017. Kate has been an integral part of the Osmani Therapy Team and she will be sorely missed. We wish Kate all the very best!

I look forward to announcing the names of our two new Complex Case Therapists in the Spring Service Update.

