

January 2023 – March 2023

The Team

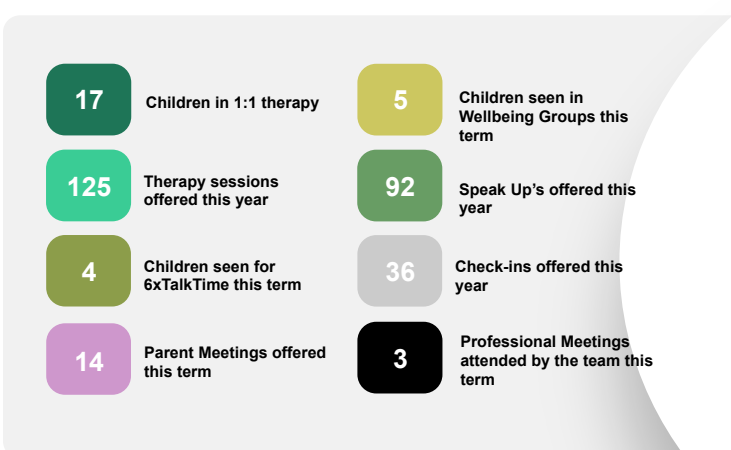
Therapy Team Manager	Eunice Laurel
Complex Case Therapist	Kate Bowes
Complex Case Therapist	Jenny Glithero
Trainee Therapist	Sarah Newby
Trainee Therapist	Marian Isais
Trainee Therapist	Thania Tympanari
Trainee Speech and Language Therapist	Kirsty Herbert

“ **Being able to share my worries with you is like a verbal hug.** ”

Year 5 student during a Speak Up Session.



Breakdown by Numbers



TERM OVERVIEW

It has been a busy term since the children returned from the Winter break. The UP provisions, such as the Speak UP box, have been well used and this important self-referral tool has helped us identify children who have needed extra support, either through 6 x Talk Time or Check Ins. We have also been able to support more children in 1:1 therapy, increasing the number from 13 to 17.

Over the next few months, we will be focussing on preparing the Year 6's for their transition into a new chapter of their lives, working closely with the Pastoral Team, teachers, and other support staff.



CHILDREN'S MENTAL HEALTH WEEK 2023

UP's Children's Mental Health Week theme for 2023 was 'Express Yourself'. It was an opportunity for the children to celebrate all the myriad ways of self-expression; from words, art, hobbies, to clothing.

The children participated in various activities over the week, from broadening their emotional vocabulary, discussing their class community values, to creating their special Super Human that expressed their unique qualities and abilities. It was a joy to see their creative output!

SPEECH AND LANGUAGE THERAPY (SaLT)

We are very pleased to welcome our new trainee Speech and Language Therapist Kirsty Herbert to our team this term. UP's Speech and Language Therapy provision is an important addition to the support we offer, and we work in collaboration with the school to identify the student's needs. UP's SaLT strategy, identified through evidence-based research, will focus on the younger years throughout the remaining academic year. We look forward to sharing our work in the next UP report!



SPEAK UPS

The Speak Up box, an important provision for children to self-refer when they need support, is a well-known and well-used tool at Osmani. This term, many of the Speak Ups submitted by children in Key Stage 2 expressed worries about the cost-of-living crisis or the earthquake in Turkey and Syria. These important clues into the inner world of the children offer us helpful opportunities to work in collaboration with Osmani's brilliant teachers, pastoral and senior leadership team to bring meaningful conversations into the classroom, to support children's emotional needs and help to foster growth and resilience. Importantly, it also helps us hold those children in mind through check-ins and if needed, longer emotional support, such as 6 x Talk Times or 1:1 Therapy.

