

The Team

UP Team Manager	Léonie Graham
Qualified Therapist	Kate Bowes
Qualified Therapist	Lucy Targui Brown
Trainee Therapist	Sarah Newby
Trainee Therapist	Fanny Bara
Trainee Therapist	Dhana Bhide
OT/SaLT	None this term



SATs Support

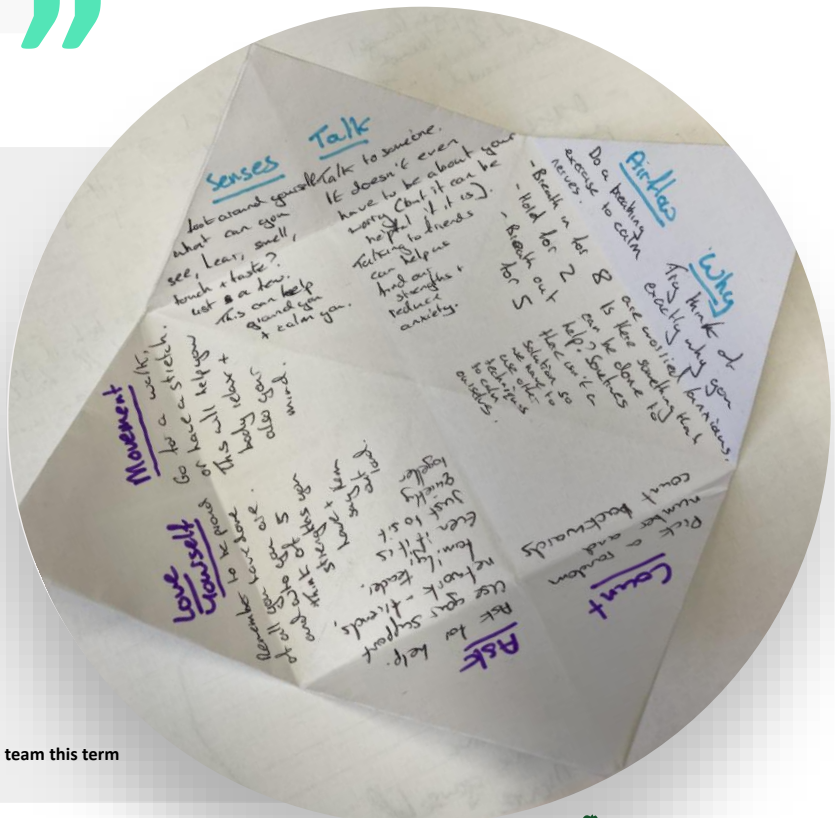
With SATs upon us in May, to help some of the Year 6's manage their anxiety we made chatter boxes with tips to STAY CALM inside. These tips included breathing techniques, self appreciation, helping children to recognize their support circles and encouraging them to talk to each other and their teachers about their concerns.

'My child has changed so much because of you'

Quote from the parent of child attending therapy

Breakdown by Numbers

- 20 Children in 1:1 therapy
- 376 Therapy sessions offered this year
- 12 Children seen for 6xTalkTime this year
- 13 Children seen for OT this year
- 2 Children seen for SaLT this year
- 16 Children seen for in Therapeutic Groups this year
- 17 Children seen in weekly clubs this year
- 263 Children seen in Speak Up this year
- 272 Children seen in Check Ins this year
- 0 Children supported by in class volunteers this year
- 32 Number of Parent Meetings offered this year
- 33 Number of Professional Meetings attended by the team this term



Staff Updates

Fanny and Dhana, our trainee therapists, have now finished their placements and will be moving on to pastures new. We wish them all the best in their next adventures and thank you for all their hard work with children in Osmani.

I also regret to say goodbye myself. I will be relocating to Edinburgh in August, with my family, to hopefully continue in a similar role working to support children. I will carry fond memories of Osmani Primary School with me always.

However, I am pleased to welcome Eunice Laurel, who will replace me as the Osmani Therapy Team Manager. Eunice is a Dance and Movement Psychotherapist, who has worked within the NHS and schools previously.

I am also happy to share that Jenny Glithero, who previously worked at Osmani as a Qualified Therapist, will be returning in September.



All emotions are created equal

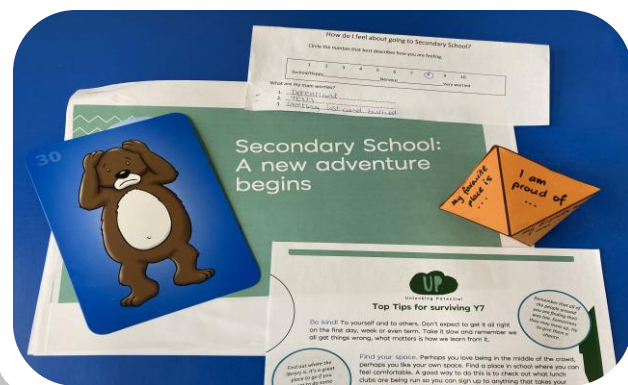
This term I was very impressed when a child referred themselves for support managing their emotions, with a particular focus on anger outbursts.

Together we thought about the range of emotions they express and how they express them, and the difference between being assertive rather than aggressive when feeling emotionally aroused. The child made a clay sculpture to represent the equal parts and importance of their emotions. This young person's teachers have expressed that they have observed a growth in this maturity and desire to take on additional responsibilities from this child, making them a role model for other children.

Friendship group

Sometimes a class teacher/playground leader may notice a child who looks lonely in the playground or may be struggling to make close friendships. When this happens, I try to organise a lunchtime friendship group to help forge bonds. This term a Y4 girl was identified as needing some support. With four other girls we spent six lunchtimes making crafts, such as beaded lizards, which helped the children get to know each other better and form lasting friendships.

Groups such as these allow me to keep an eye on the emotional wellbeing of the children attending and refer children on for support with other interventions if needed.



Transition group

As the end of the academic year approaches Osmani's Learning Mentor and I start getting busy preparing the Y6 children for their move to secondary school. Through a self-reporting questionnaire, we identify the children who are most worried and then run small groups to work through their concerns. We also run whole class sessions to cover more general concerns.

I was pleased to hear that an appeal letter I wrote for one of the Y6 girls attending UP support was successful in supporting her appeal to attend her preferred school.