

Spring Update – Osmani Primary School

15th November 2025 – 27th February 2026

The Team

Child Therapist	Clare Spronk
Child Therapist	Zoe Weston
UP Trainee Therapist	Stephanie Canlas
UP Trainee Therapist	Kate Willmore
SaLT Therapist	Hannah Mohammed

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I like coming here because I can talk about
my feelings and it helps me
Year 5, 6xTT

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Breakdown by Numbers

12 Children seen for 1:1 Therapy	8 Children seen for SaLT
90 1:1 Therapy sessions offered	6 Children seen for OT
2 Children seen for 6xTalkTime	4 Children seen in Wellbeing Group
9 6xTT sessions offered	0 Professional Meetings attended
12 Check-in sessions	8 Teacher Meetings attended
71 Speak Up sessions	5 Parent Meetings attended

CHILDREN'S MENTAL HEALTH WEEK

9– 15th February 2026



Switch off to Recharge: Sleep Better and Unlock your Best Self

During Children's Mental Health Week, Unlocking Potential joined a global movement encouraging families to unplug from digital devices.

We educated our pupils about the importance of sleep routines and switching off their devices before bed.

We also provided activities and resources for the school and parents to support their understanding of the impact of screen time and facilitate meaningful conversations with their children.



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After I talk about my worries, I feel calmer.
Year 6, Speak Up

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Speech and Language Therapy

This term at Osmani, Hannah, our qualified Speech and Language Therapist (SaLT), has dedicated her expertise and time to supporting children with a range of speech, language, and communication needs. She has been working with a total of 8 children, delivering evidence-based approaches such as Colourful Semantics, Bucket Groups, Sensory Stories, Word Aware, and Makaton to enhance access to the curriculum. By collaborating closely with teaching staff, Hannah has helped strengthen both school-wide Total Communication strategies and individual EHCP-led interventions, ensuring pupils receive targeted and specialist support. Her work has contributed significantly to the development of children's social skills, transitions, attention and listening, understanding and use of language, and overall communication confidence across the school.

1:1 Therapy

Long term therapy remains the most frequently offered intervention, delivered by both trainees and qualified child therapists. This term, 12 children accessed individual therapy, benefiting from a consistent, safe, and well-resourced therapeutic space where they can build secure, trusting relationships and explore their internal world at a pace that feels right for them. These sessions support children with complex needs or challenging life circumstances to process emotions, develop coping strategies, and strengthen their sense of stability and resilience. Our therapists work closely with parents and carers, alongside relevant teaching staff and DSLs, to ensure a holistic and coordinated approach that supports each child's emotional wellbeing. Through this collaborative work, children are better equipped to engage in learning, manage day-to-day challenges, and experience improved overall outcomes.

Staffing Update

Although this has been the shortest term, the team has remained busy delivering a wide range of interventions across Osmani. We were pleased to welcome back Hannah Mohammed, our qualified SaLT, who rejoined the team to begin assessments and deliver targeted speech and language interventions. This term also marked a transition within our therapy team as we said goodbye to Francesca Crocker and Adi Hollander, and warmly welcomed Clare Spronk and Zoe Weston. Both Clare and Zoe have been part of UP for some time, and they have settled into Osmani with ease, commenting on how friendly, welcoming, and supportive the school community has been. Their smooth integration has allowed therapeutic work to continue seamlessly for the children.