



## Meet the Therapy Team

Our speech and language therapist (SaLT), occupational therapist (OT) and therapy assistants work alongside external professionals including physiotherapists, OTs, play therapists and an art therapist.

### Therapy Provision at Five Acre Wood School

SaLT and OT are fully integrated into the curriculum and across the school day.

If a pupil is experiencing challenges that cannot be supported by their specialist classroom team, a referral can be made to the Therapy Team.

### How to receive support:

Contact us on [therapy@five-acre.kent.sch.uk](mailto:therapy@five-acre.kent.sch.uk) or 01622 743925 Ext. 1161 (SaLT) 1146 (OT)

- Attend one of our Parent Support Groups

**Speech and Language  
Therapist & Therapy  
Team Lead**



**Zoe Thompstone**

**Therapy Assistants**



**Gemma Allen and Kate Richardson**

**Occupational Therapist**



**Gem Byrne**

Physiotherapy, Eating and Drinking (Dysphagia) and Occupational Therapy (postural seating) are supported by the local NHS team based at the Heathside Centre in Coxheath.

Phone number: 0300 123 7004

Email address: [kentchft.ctwestkent@nhs.net](mailto:kentchft.ctwestkent@nhs.net)



## Occupational Therapy

### Sensory Circuit Ideas for Home

**\*\*Make sure these are done in the order alerting – organising – calming\*\***

**Suggested order:** 2 alerting, 2 organising, 1 calming

#### Alerting:

- Star-jumps/jumping like a frog/jogging on the spot
- If you have a swing, then swinging for 2 minutes with support from adult
- Skipping using a rope, jumping on trampoline, bouncing on gym ball
- Spinning in circles (no more than 10 seconds at a time)
- Loud music and dancing
- Sit on therapy ball that child cannot touch floor, support at the hips and move in the direction of an + and X with the ball



#### Organising:

- Laying on tummy over gym ball and use your hands to walk forwards and backwards. You can add in a task, e.g. picking something up, or moving a toy from one place to another while they are doing this
- Sitting on floor and rolling ball/toy to adult. You can chat while doing this, or count the number of rolls if this helps with concentration
- Wall push-ups x10
- Bear walking from one target to another
- Games that follow instructions or require thought/processing, e.g. head, shoulders, knees & toes; Simon Says; I-Spy



#### Calming:

- Laying on tummy on something soft, e.g. duvet or blanket and being wrapped up like a burrito
- Deep pressure from a 'bear hug' or a big squeeze for 5 second intervals. Do this as many times as tolerated/works for you
- Carrying a heavy rucksack (or wearing a weighted jacket/blanket if you have one)
- Laying on back on carpet/beanbag/duvet with your eyes closed, do 10 belly breaths in and out – do this with adult for prompting and demonstrating
- Listening to calm, mellow and rhythmic music
- Yoga poses with help from an adult: tree pose, warrior pose, lotus pose, cobra pose
- Hand fidgets, e.g. fidget spinners, putty/play-doh





## Occupational Therapy

### Sensory Behaviours and How You Can Help

#### Sensory Seeker

under-stimulated responses

#### Strategies for sensory seekers:

- ✓ Variety of different textured and strong flavoured food/drink that provides oral feedback
- ✓ Activities in a play area: monkey bars, swinging, climbing, jumping
- ✓ Different smells to identify different environments; can use reed diffusers, essential oils, candles, etc.
- ✓ Designated 'squeeze' spot where they can squish into a tight space safely
- ✓ Lots of tight bear hugs
  - ✓ Carrying a heavy rucksack/bag when going out and about
  - ✓ Loud music and dancing/movement for a designated time every day
- ✓ Sensory play: water, sand, slime, play-doh, finger painting (but prepare for mess!!)

- I love making **noise**
- I love to **smell** things
- I love **bouncing** and **spinning**
- I love being **massaged**
- I love to **chew** on things
- I tend to **get into accidents** a lot
- I love **jumping** from high up and **crashing** into things
- I don't notice if my **hair is in my face** or my **clothes are on wrong**

Mix some of each (may change regularly)

#### Sensory Avider

over-stimulated responses

#### Strategies for sensory avoiders:

- I don't like **being touched**
- I am very **sensitive to smells**
- I am bothered by **loud noises** and **bright lights**
- I **won't eat certain foods** and might seem like a very "picky" eater
- I am extremely bothered by **tags, fabrics** and certain **types of clothing**
- I don't like having my **hair brushed**
- I tend to get **overwhelmed** and **anxious**

- ✓ Ear defenders/headphones with music at the ready if going out and about
- ✓ Regular hand-washing opportunities
- ✓ Wall push-ups or the yoga tree pose can help get the sensory system "ready"
- ✓ Designated 'quiet and dark' zone where they can go to calm down when over-stimulated
- ✓ A choice of well-liked snacks for them to choose dependant on how they feel that day
- ✓ Stick with loose, cotton and plain clothing where able
- ✓ Minimise tight hugs or hand holding if able to (but use a firm touch when needed – a soft touch is aggravating for them)
- ✓ Playing 1:1 rather than in a big group or loud places

**You know your children best!** Their behaviour may swap between the two, depending on environment, people they are around, and their level of arousal that day. You can mix-up strategies multiple times a day if that is what is needed



## Speech and Language Therapy

### Makaton signs of the term

At Five Acre Wood we use Makaton signing to support our students understanding and use of language. Signs provide visual information about the words.

To learn more signs attend a Parent Support Group or speak to your class teacher to request a booklet/video with some key signs from the therapy team

**more**



**finish**



**help**



**friend**



**autumn**





## Speech and Language Therapy

### Language development at home

#### Key strategies:

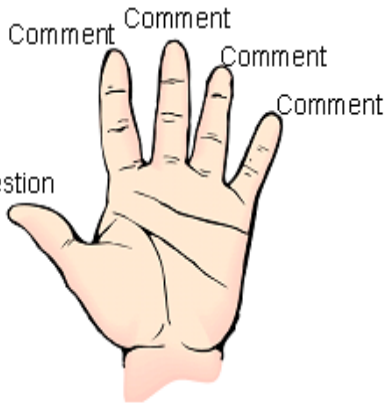
- **Model** new words
- **Comment** instead of asking questions
- Use **visuals**
- Provide **opportunities** to use new words

#### Play

Let your child lead  
Comment on what they are doing  
Expand on anything they say



Play word games



Offer choices with real objects e.g.  
'do you want apple or banana?'



Look at and talk about  
books together



Use Makaton signs to visually  
support your language



Name 5 things



What am I?  
I am found in the freezer.  
I taste good on a sunny day.  
I come in many different flavours.  
I am made with cream.



Label items while driving,  
shopping, playing etc

Model a range of vocabulary including verbs,  
adjectives (red, soft) and emotion words



FIVE ACRE WOOD SCHOOL

Growing and Learning Together

# THERAPY NEWSLETTER

Term 1 2022



## PARENT SUPPORT GROUPS 2022-2023



Five Acre Wood will be offering 8 parent support groups this academic year, which are aimed at supporting parents and carers whose children have specific needs. All sessions will be held in person at Five Acre Wood School on the Loose site.

Please see below a list of dates and subjects.

Any updates or changes will be listed on the school website and sent via email.

Dates	Time	Subject
Wednesday 30 <sup>th</sup> November 2022	9.45am – 10.45am	Emotional Regulation - ideas about how to support your child's understanding of their emotions and ability to regulate these.
Thursday 8 <sup>th</sup> December 2022	9.45am – 10.45am	Fussy Eaters - We'll provide top tips to support your child to explore a wider range of foods.
Wednesday 11 <sup>th</sup> January 2023	9.45am – 10.45am	Signing at Home – Five Acre Wood use Makaton to develop students' understanding and use of language. Come along to this session to learn some basic signs.
Thursday 26 <sup>th</sup> January 2023	9.45am – 10.45am	Sensory Processing & Sensory Circuits – An opportunity to learn more about your child's sensory needs and how to support this at home.
Wednesday 8 <sup>th</sup> February 2023	2.00pm – 3.00pm	Emotional Regulation - ideas about how to support your child's understanding of their emotions and ability to regulate these.
Thursday 2 <sup>nd</sup> March 2023	2.00pm – 3.00pm	Fussy Eaters - We'll provide top tips to support your child to explore a wider range of foods.
Wednesday 22 <sup>nd</sup> March 2023	2.00pm – 3.00pm	Sensory Processing & Sensory Circuits – An opportunity to learn more about your child's sensory needs and how to support this at home.
Thursday 4 <sup>th</sup> May 2023	2.00pm – 3.00pm	Signing at Home – Five Acre Wood use Makaton to develop students' understanding and use of language. Come along to this session to learn some basic signs.

### FURTHER INFORMATION

- Please can you inform us of your attendance at least 1 week in advance of a Support Group and if there are less than 5 attendees for any one session then unfortunately it will not go ahead. Please confirm your attendance by emailing [vgeylani@five-acre.kent.sch.uk](mailto:vgeylani@five-acre.kent.sch.uk) or phoning us on 01622 743925.
- If a session has to be cancelled due to unforeseen circumstances, or insufficient take up (less than 5 attendees) then we will endeavour to provide parents/carers with as much notice as possible.
- During a session, if there are other issues that you would like advice on, please feel free to raise them and we will do our best to address them at the time.

October 2022