

## Meet the Therapy Team

Our speech and language therapist (SaLT), occupational therapists (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**

**Occupational Therapist**



**Hannah Willson**

**Occupational Therapist**



**Gem Byrne**

**Therapy Assistants**



**Gemma Allen**



**Colette Parsons**



**Katherine Parfitt**

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)



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# THERAPY NEWSLETTER

Term 5 2023

## Occupational Therapy

### Joint Compressions and Therapeutic Brushing

#### What are they?

- Therapeutic interventions used to alert or calm the sensory system dependent on the delivery
- Training in these interventions is delivered by the Therapy team at FAW
- Currently widely used in the structured learning approach and for individual children with a need for bespoke interventions to meet their sensory needs

#### Why do we do them?

- Increase body awareness and provides proprioceptive input to the joints and body which can calm or alert the sensory system dependent on delivery

#### What do they look like?

##### Joint Compressions



##### Therapeutic Brushing





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## Occupational Therapy

# Sensory circuits

### What is a Sensory Circuit?

Sensory circuits are an active and engaging circuit designed to stimulate bodies and minds ready for the day.

### Who are sensory circuits for?

Sensory circuits are great for all children but especially benefit children with sensory processing difficulties, ADHD and autism. Sensory circuits help to regulate the sensory system so it's ready to focus.

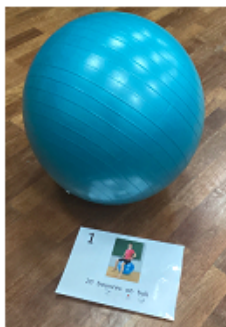
### How to make a sensory circuit?

We do sensory circuits in school in a lot of our classes and set up sensory circuits in the hall on Mondays, Wednesdays and Fridays.

Sensory circuits can easily be set up at home with little or no equipment.

Every sensory circuit needs to be split into three sections and must be completed in this order-

Alerting, organising and calming.





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## Occupational Therapy

### Alerting

The first stage of the sensory circuit should always be the **Alerting** stage. This section aims to help release any pent up anxiety and energy, so that you are able to settle.

The alerting activities aim to provide vestibular stimulation (providing the brain with sensory information every time the position of the head moves in relation to gravity) Alerting activities include skipping, jumping, bouncing, running, jogging on the spot, star jumps.



### Organising

After Alerting, you should move to **organising**- where we are challenged to channel our energy into an activity that requires skill and focus.

The organising activities require multi-sensory processing and balance. You need to organise your body, plan your approach and do more than one thing at once, in a set sequential order. Organising activities include climbing, hopping, balancing and throwing.



### Calming

The final calming section is designed to help you complete the circuit feeling calm and focussed.

Calming activities include hugs, wrapping in a blanket, gentle massage, listening to calming music, exercise ball squash.







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## Speech and Language Therapy

Last term find a voice who are a local charity, have come into school to loan us some amazing toys/equipment.



### Who are Find a Voice?

- Find a Voice support people who have speech, language or communication difficulties.
- They provide advice and free equipment loans to parents, teachers, speech and language therapists and various other professionals.
- Their resource library includes switches, switch toys, sensory toys, Makaton resources and other communication aids.

### How does this benefit our students?

- Students who use switches can experience a wider range of accessible toys.
- Students are able to explore new items which may become preferred motivators and lead to increased engagement, joint attention with adults and communication opportunities.
- We can trial new communication and access methods with students.

For more information visit their website: [www.findavoice.org.uk](http://www.findavoice.org.uk)





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## Speech and Language Therapy

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

**happy**



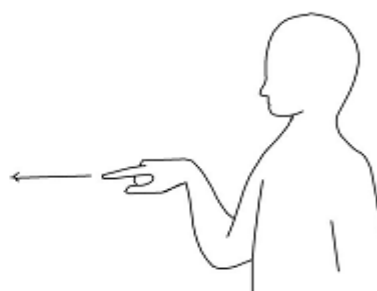
**sad**



**cold**



**go**



**home**



**school**





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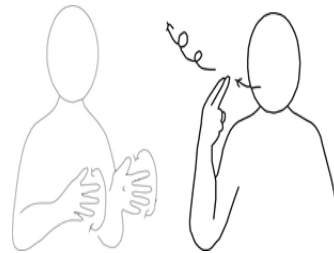
Term 5 2023

## Speech and Language Therapy

After a long hiatus Signing Choir is back in person!

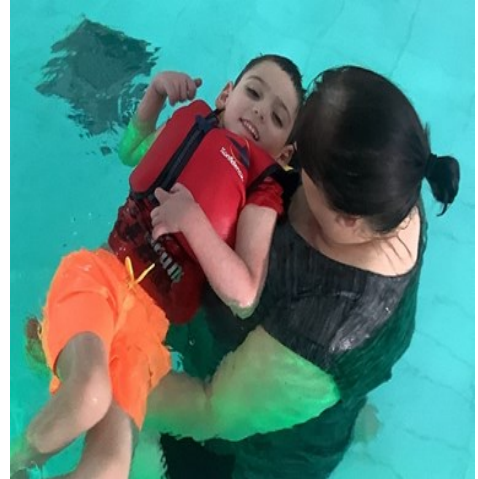
Classes from across our learning approaches have been joining Leanne Bowden (Structured Class Teacher) and Zoe Thompstone (Speech and Language Therapist) for signing choir every Wednesday afternoon.

It's been wonderful for students and staff to come together and mix with members of the school community from other classes and learning approaches.

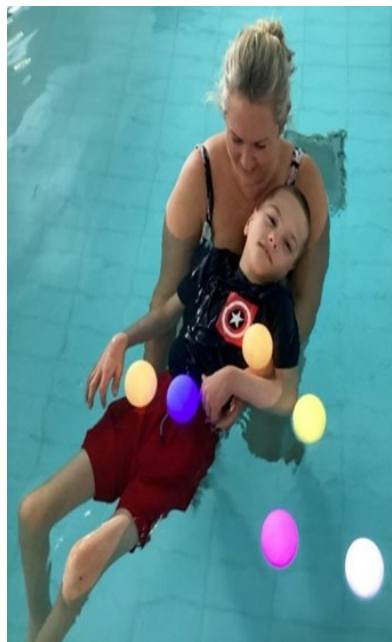




## Hydrotherapy



Regular assessed sessions are now taking place with our trained staff and the benefits to our students whether physical, mental or emotional are obvious and often instant. This term 18 students with varying needs received sessions in the pool and the hope is that this number will keep increasing as more members of staff receive the necessary training. The impact of this incredible therapy is clear to see and the ripple that has started will just keep getting bigger and bigger.





## New Team Members



### **Hannah Willson**

Hello, I'm Hannah and I joined Five Acre Wood School an OT just before Christmas. I have worked in a variety of adult services throughout my OT career, and have really loved working with children in my other voluntary roles, so I am really excited to be making the move to working with children as an OT. I am really looking forward to getting stuck into this new role at Five Acre and getting to know everyone here.



### **Colette Parsons**

Hi, as some of you may already know I'm Colette and I've been working at Five Acre Wood School for nearly 7 years now but have only just recently joined the Therapy Team as a Therapy Assistant. So far I've been spending a lot of my time trying to enable as many pupils as possible access to the Hydrotherapy pool and I also hope to re-introduce Rebound Therapy again soon too.



### **Katherine Parfitt**

Hi, I'm Katherine, and I've just joined Five Acre Wood School as a Therapy Assistant. I've previously worked in a school with a Speech and Language Therapy. I'm looking forward to focusing on my interest in SaLT and OT working with the therapy team, and getting to know more about all the different things we do to support the children here at Five Acre.