



Therapies and Intervention offers at Haywards Farm School

Thrive

We believe that all our children can achieve highly, and we encourage them to be the best that they can be within our school. We take a whole-school approach to social and emotional development by embedding 'THRIVE' principles and strategies across the school.

Based on knowledge of neuroscience, attachment theory and child development theory, the THRIVE assessment tool helps us to identify gaps in development and to inform our day-to-day interactions with each child. This approach emphasises the important role that positive adult relationships play in children's development and makes use of creative arts and play-based activities through one-to-one and small-group work, including puppetry; clay work or modelling; painting or drawing; movement and dance; drama and role play; music; story-telling and sand play. Our on-site dedicated Thrive space is supported by our Thrive practitioners who have the opportunity to access this provision.

Sensory Integration Therapy

This approach is led by our Occupational Health Therapist helping children to understand and cope with the information coming in through sensory channels – specifically touch, movement and an understanding of where our body is in space. This can be particularly difficult for children on the autistic spectrum.

We have a sensory Integration room and members of staff who follow advice from specialist Occupational Therapists to deliver daily programs of sensory therapy. We use a range of equipment including such items as swings, balances and physio balls to provide structured sensory experiences for children to calm or alert them, according to their needs. We also offer regular sensory circuits for all classes to access. This can help to make them more receptive to learning and more able to access the classroom environment.

Theraplay

Theraplay is a therapeutic 12-week 1:1 programme of interactive play for children and young people aged 4-19 years, who have experienced trauma. Trauma is defined as an experience that the individual interprets as beyond their ability to cope.

Access to Theraplay is on a voluntary basis and is available for all children and families with a wide variety of problems, including:



Children/Young people who are withdrawn

Children/Young people struggling with relationships

Children/Young people with depressed behaviour Children/Young people with aggression

Children/Young people with phobias

Children/Young people who have difficulty socialising and making friends SEN e.g., ADD, ADHD, developmental delay, and autistic spectrum

Theraplay is a structured play therapy for children and their parents/carers. Its goal is to enhance attachment, self-esteem, trust in others and joyful engagement. The sessions are fun, physical, personal and interactive and replicate the natural, healthy interaction between parents and young children. The interactions focus on four essential qualities found in parent-child relationships.

Structure, Engagement, Nurture and Challenge. The purpose of intervention is to promote resilience by supporting the potential for hope.

Speech and Language Therapy

Speech and Language therapy at school is provided by external health service specialists. The provision aims to help students fulfil their communicative potential both within the classroom and the wider community through working collaboratively with school staff, families and carers. Our style of input is determined by assessment of the student's needs and as such can take the form of individual or group sessions, collaborative classroom sessions, joining class outings and home/community visits.

We promote effective communication, for example, speech, symbol exchange and electronic low/high-tech communication aids. We also support the development of students' social interaction skills through one-to-one support.

The local speech and language therapist also supports students with eating and drinking difficulties.

The therapist can provide assessment, diagnosis and recommendations alongside training for school staff that has been highlighted by the local authority or EHCP.

Sport / Physical Activities

Sport in our school is about engaging learners in physical activity which involves the whole body, developing strength, stamina, flexibility, posture, and positioning. It includes taking part in non-competitive activities within the school.

We encourage all learners to increase their range of movements and manipulative skills and to develop a positive attitude to a healthy and active lifestyle.

Our on-site and off-site facilities ensure inclusive provision to include:



Regular active sensory circuits.

Trampolines and outside play areas

We use the local sports centre for the use of their swimming pools and hall for indoor sports activities such as badminton and football.

We also aim for the students to have fun and give everybody the opportunity to take part in sports; this includes Indoor Games Mini Olympics and sports day. As a school we want all our students to have a chance to take part in sports and PE regardless of ability or age.

All off-site facilities are risk assessed. Please contact the office for a copy of any risk assessment you require.

Equine Therapy – Stable Futures

We are privileged to have our own equine therapy centre as part of the school's off-site facilities. Equine Assisted Therapeutic Service promotes healing from trauma using our twelve incredible horses and ponies. Our centre is local to all the schools and all young people have access to the service.

We have skilled and experienced staff who understand both the young people and the horses and facilitate a safe space for young people to process emotions, rebuild a sense of self and build a trusting and beneficial relationship with the horses.

Many young people withdraw from therapy or talk openly especially before they have built trust with the person delivering it. Horses don't require young people to talk verbally in order to begin a trusting relationship, horses live entirely in the present, offering patience, forgiveness and second chances. All things young people need to be able to heal from their adverse childhood experiences.

Through positive experiences with the horses, the young people will build confidence, self-esteem and a new belief in themselves which helps them to realise their potential and their ambitions.