

Dear Parent/Carer,

Aspire Academy supports students both academically and also with their social emotional mental health & well-being. In line with this, we have available therapeutic interventions that promote wellbeing for the students whilst encouraging positive psychological, emotional and social changes.

Our school is fortunate to have accredited psychological therapist registered with the HCPC – Health and Care Professions Council. I will head up the therapeutic services offered and can be contacted using the information below.

Throughout the school year, our therapist will work closely with other members of staff in identifying students that will benefit most from therapy. Practitioners are trained to enable students to find the most suitable medium for them to engage in group or individual sessions to address, resolve, or make troubling issues more bearable.

In order for children to begin any form of therapy; crisis drop-in, or longer term 1:1 or group intervention, parent/guardians should sign the consent section of the letter below and return as soon as possible.

If your child is selected for a regular intervention, our therapist will get in contact to inform you. You will not necessarily be contacted should your child attend an ad-hoc drop-in session. If you have any questions, concerns or queries please feel free to call the number below. This is an in school therapy service so if your child is currently working with or due to work with, this will continue. We will continue to make referrals into CAMHS where necessary.

Our therapist's notes and reports are initialised and confidential. Termly reports are stored securely on premises of the school and may be shared only with other professionals on a need to know basis to further support the individual.

Many thanks,

Eve Howard

020803041320 Eve.howard@aspire.lseat.org.uk

Aspire Academy

Permission for Therapy

Name of Client.....

Please tick I understand that confidential notes will be kept securely and that termly reports will be written.

Consent of Client.....Date:

Name of Parent/Carer:

Please tick I give permission for (Student name)to attend therapy.

Parent/Carer Signature.....Date:.....

In response to Covid-19: Parent Information, Contingency Plan and Agreement

In response to Government guidance issued to minimise the transmission of Covid-19, we have taken steps to change the way we deliver therapeutic support to students, to ensure the safety and reduce the spread of infection. We will continue to provide an adapted therapeutic service in response to the current circumstances, with an aim to offering consistency and support whether at school or at home. In the event of pupils having to self-isolate due to Covid-19 and unable to attend school, therapy will continue to be offered via telephone consultation. Details of how therapy will be delivered is outlined below for various scenarios:

I. Students are well, but accessing home learning due to class closure or self-isolation:

- If family/child are well, and able to engage in therapy, regular therapy phone calls will be offered to provide support and consistency during a school absence due to self-isolation.
- First contact will be made by the therapist to the parent/carer by telephone on the day of their child's first absent therapy session. If the therapist is unable to make contact via telephone, they will follow this up by email.
- This original contact will include information about the ongoing therapy support offered to students whilst at home and gain consent for home therapy contact with them. The therapist will also provide parents/carers with signposting to support agencies and consultation regarding challenges specific to the home setting, sign-posting to therapy resources and support.
- The therapist will aim to place the calls at the regular time and day that therapy would take place, offering ongoing routine and consistency. If this is not possible for you, please discuss this with the therapist to arrange a regular time that will work for you.
- Therapist will liaise with other staff members or external agencies as needed, offering linked support and further advice or resources to be shared.
- Weekly wellbeing activities and support will be posted on student's online learning forum, connecting all students to their therapy team and offering mental health and wellbeing support.

II. What needs to be in place for home therapy support:

- If well, students will be offered a phone call with their therapist at their usual therapy time.
- Students will need a quiet and private space to take the phone call, ensuring a phone line is available to them.
- It may be helpful to remind students beforehand that their therapist will be calling, so that they are prepared when the time comes.
- Before and after the therapy call, it may feel helpful to be available for your child, should they need support. Contact the therapy team at your school if you have any concerns prior to, or following, a therapy call.

III. Therapist illness or school absence due to self-isolating:

- If the therapist is well, but isolating whilst students are in school, a key member of staff will arrange for a private room at school where students may access their therapy phone call.
- The therapy call will be made at the time of their usual intervention.
- In the event that the therapist is absent due to isolating, students will be informed in school.
- The therapist will ring parents and carers to inform them this is happening, following the above protocol.
- If both therapist and student are well, but in isolation, therapy support will continue remotely in the manner described above.

I have understood and agree to the above guidelines and give consent for my child's therapist to continue telephone contact with them in the event of school closures or self-isolation:

Parent/carer.....Student's name.....

Agreed (signed/verbal).....Date.....

Student agreement.....Date.....