

Summer Update Orchard Primary School

April 2025 – July 2025



The Team

Therapy Team Manager	Joshica Parmar
Complex Case Therapist	Kate Bowes
Complex Case Therapist	Ourania Sitra
Trainee Therapist	Farah Mohammed
Trainee Therapist	Melonie Stennett

“
The sessions have helped me to like my body image more now and talk about my feelings.
Year 6 girl, 6 X Talk Time
”



“
The transition group has helped me to feel less nervous about making friends at secondary school.
Year 6, transition group
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Breakdown by Numbers

14	Children seen in 1:1 therapy	12	Children seen for Regular Check-ins
139	Therapy sessions offered	88	Check in sessions
127	Therapy sessions attended	0	Parents attended UPLifting families
3	Children seen for 6xTT	25	Parent Meetings attended
412	Children seen for Speak Ups	17	Teacher Meetings attended
21	Children seen in Wellbeing Groups	3	Professional Meetings attended by the UP

Termly Overview

The Summer Term has gone well at Orchard Primary School. Speak UPs continue to be well attended across all year groups with a main focus being around worries around transiting into the next year group.

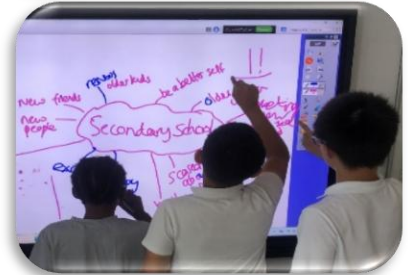
The Therapy Team Manager has worked closely with the school lead and Senior Leadership Team in identifying children who need support from UP and which provision would be most appropriate in ensure they can reach their full potential.

The Therapy Team Manager has run three transition groups with Year 6 children and a Wellbeing lunchtime group for Year 3 children around friendship, which the children have found to be very helpful.

This term we say goodbye to our Complex Case Therapist, Ourania Sitra and Trainee Therapist, Farah Mohammed.

Transition Group

In the second half of the Summer Term the Therapy Team Manager ran three Year 6 Transition Groups for a duration of four weeks. The main themes that arose were around making new friends and adapting and adjusting to secondary school and missing their primary school. All the children enjoyed participating in role plays around making friends and conversation starters as well as managing difficult situations. The children shared that they found the groups to be very helpful as they were able to talk about their worries and now felt less anxious and more confident about the transition to secondary school. Teachers shared that the children would return to class happier and calmer and had a more positive attitude towards secondary school.



6 X Talk Time



The therapy Team Manager worked with a KS2 child on her low confidence and self-esteem, and her body image issues for 6 X TT. The child had self referred as she was experiencing anxiety around SATS revision as well as friendship difficulties and generally very low in mood which was also observed by her teacher.

At the start she had a very negative mindset about herself but as the sessions went on she was able to identify parts of herself that she liked and what things and activities made her happy such swimming. At the end of the intervention, the child had grown in confidence and felt better about her body image. Her teacher had also observed an improvement in her ability to manage stress and generally being more positive about herself- her goal score had gone from a 2 to a 6 out of 10!

Wellbeing Group

The Year 3 lunch time Wellbeing Group was greatly enjoyed by the children this term. The focus of this group was on friendships and managing conflict. The children were able to work together during discussions to explore positive and negative qualities in a friend and identify their unique qualities.

The children particularly enjoyed engaging in role plays to help them find ways to manage friendship issues that may arise and making a play doh creation together.

By the end of the four weeks the children had gained confidence in making new friends and had all said that being in the group had enabled them to be confident in dealing with and resolving friendship issues more easily. Teachers had observed an improvement in the children's friendships and being able to manage conflict better.

