



Letter of introduction

Hello

I'm Cath Stephenson. I'm a teacher with specialist qualifications and experience in supporting children and young people with unique strengths and needs.

My areas of specialist knowledge and skills are in Social, Emotional and Mental Health (SEMH), Communication and Interaction needs and Selective Mutism and other anxiety conditions. I taught in Essex schools for 12 years and worked as a Specialist Teacher with Essex County Council for 15 years, 3 years as Lead Specialist Teacher (SEMH).

My involvement with you could include any of the following depending on the outcomes agreed between the people involved with you and your family and school.

To begin with I am interested in learning more about you and your interests. This means we get used to being around each other and you can show me things that interest you. I will listen to and notice what you communicate to me (there's no expectation for spoken words) and we follow your ideas and work out together what we can learn more about. You may have a favourite topic as a starting point.

We will spend an hour at a time together to start with and we work out a plan for our sessions. We will start where you are most comfortable, at home or local library and gradually we work on some ideas to help you to achieve your goals, involvement in learning and friendships.

Getting back into a school environment can be a huge challenge, something you may not want to consider at all at the moment. I understand this and I will help you plan very small steps towards the social/learning links that might help you to be more involved with school over time. Your views are the key to how this happens, what happens and who helps you. Your feelings and opinions are right at the centre of how this will work for you.

I am looking forward to our sessions.

Cath

Information for Parent/Carer

Contact details: [Cath Stephenson](mailto:Cath.Stephenson@thera.teaching@gmail.com) [Tel:07864037596](tel:07864037596)
thera.teaching@gmail.com www.therapeuticteaching.uk

Initially sessions will only be for one hour. Gradually we can add more time to the provision depending on the pupil's wellbeing and the agreement. This will be based on the views of all involved.

Sessions include warm-up rapport building activities, personalised learning based on your child's current abilities and needs and expressive arts with a therapeutic approach. Your involvement will be required at the end of the hour's teaching to discuss your child's progress and liaison with the school/referring agency. English and Maths skills will be woven into the early sessions becoming more explicit with shared objectives as your child becomes more engaged and confident. Other areas of the curriculum will be covered in an integrated way through a topic approach.

I am sure you will encourage your child to make the most of this opportunity, however, if s/he is unable to attend for any reason, please notify me as soon as possible.

Please note the responsibilities outlined in the agreement for involvement.

- Comply with the controls we agree upon to minimise risk to all involved. Discussion of risk assessment with the Teacher.
- Remain present during the sessions until such time that all involved agree to gradual separation.
- Provides a safe and comfortable teaching/learning space for your child and the Teacher.
- Responsibility for the welfare of your child outside of the agreed session hours remains with the Parent/Carer
- Support the partnership between your child, School and Teacher.
- Comply with agreed session start and ending times by arriving promptly at the end of a session for liaison time.
- Ensure that the second contact or alternative carer is available (for the duration of the session) to collect your child in the event of pupil/Teacher becoming unwell/unfit for work.
- If unable to collect your child for any reason the second contact or pre-arranged alternative carer will be contactable or has agreed to collect your child on your behalf.
- Any changes made to the agreed session plan will be communicated for agreement by relevant parties as soon as possible.

Important Information

Please view the Information page of the website for all policies.

The following forms will be explained to you at our introductory meeting and you will receive a copy.

- A Consent Form and Media consent if applicable
- Agreement of Involvement
- Motional Consent
- Online Safety – Acceptable Use - agreement
- Privacy Notice

Should you have any queries or concerns, please do not hesitate to contact me (above).