



24 February 2022

Dear Parent and Carers

Re: ARTiculate Intervention

I would like to invite your son or daughter to attend our new five session ARTiculate Intervention Group.

ARTiculate is a small group art-based intervention with a focus on building wellbeing, reducing anxiety and developing emotional literacy.

ARTiculate aims to provide a safe & supportive space, within the school environment, in which your child will have an opportunity to express themselves creatively. The purpose of the group will be for the pupils to explore a range of ways to develop confident self-expression and social communication. This is to help students deal with their thoughts, feelings and emotions through visual images, colours and social stories.

The students will also be further developing skills in turn taking in conversations and group work.

Your child is being offered **5 sessions** with Mrs Ashby (our ARTiculate facilitator), once a fortnight on a **Monday Week A Period 1**.

The programme will look at group centred ideas to provide the students with:

- A way to express themselves and their social communication
- Providing a range of ways to use visual ideas to support their learning and studying independently
- Help to create coping mechanisms for dealing with emotions
- Strategies for learning using visual communication and to provide a creative outlet to promote emotional well-being
- Exploring body image in a positive way using art images and techniques.

The first session will commence on Monday 28 February 2022 (Period 1) week A. We will remind your child of the designated time via their form tutor.

Please complete the attached approval slip and return to the SEND department as soon as possible.

If you require further information, please contact either myself or Miss Barnes on sendco@st-martins.essex.sch.uk

Yours sincerely

Mrs S Hamit
SENDCO

Be The Best You Can Be

Reply slip

To: Mrs S Hamit, SENDCO

Student's name: Form group:

I do/do not* agree to my son/daughter* attending the ARTiculate Intervention Group.

**Please delete as appropriate*

Signed: Date.....

(Parent/carer)