



24 November 2020

Dear Parents and Carers

Re: Art Therapy Intervention

I would like to invite your son or daughter to attend our new six session Art Therapy Support Group.

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 sessions will provide opportunities for the students to develop coping strategies and/or to help resolve internal conflict through the use of art. The students will be further developing turn taking in conversations and group work.

This has been highlighted as a key way to help children with a Special Educational Need to develop their social communication skills and learning skills in school and at home.

The programme will look at group centred ideas in art therapy with one of our art teachers, who is a qualified art therapist, to provide the students with:

- a way to express themselves and their social communication.
- a range of ways to use visual ideas to support their learning and independent study.
- coping mechanisms for dealing with emotions.
- strategies for learning using visual communication and to provide a creative outlet to promote emotional well-being.
- a way to explore body image in a positive way using art images and techniques.

The pupils will do an assessment to create a social story about themselves. Social stories are recommended as a key strategy to help children develop their social interaction skills.

The sessions will be held bi-weekly on **Wednesdays (period 2) of week A** commencing on Wednesday 2 December 2020.

We will remind your child of the designated lesson time via their form tutor.

Please complete the attached approval slip and return to N004 as soon as possible but no later than the end of school on Monday 30 November 2020.

If you require further information, please contact either myself or Mr Conroy on 01277 238359 or senco@st-martins.essex.sch.uk

Yours sincerely

Mrs S Schwar
SENDCO

Be The Best You Can Be

Reply slip

To: Mrs S Schwar, SENDCO

Student's name: Form group:

I do/do not* agree to my son/daughter* attending the Art Therapy Support Group.

**Please delete as appropriate*

Signed:
(parent/carer)

Date: