

## Interventions at Rachel Madocks

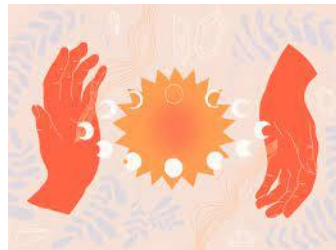
We are continuously developing our Mental Health and Wellbeing Team at Rachel Madocks through a whole team approach which include the following interventions:

### Reiki

Reiki originated in Japan by Mikao Usui at the turn of the 20<sup>th</sup> century. The word Reiki can be split into two parts. "Rei" meaning Universal and "Ki" meaning life force. This highest and purest form supports and sustains life. Reiki can help with all kinds and relieves pain and acute symptoms, it also promotes wellbeing, balancing of emotions and clarity of the mind.

### ELSA

ELSA (emotional Literacy Support Assistant) is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed. An ELSA will plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. ELSA sessions take place in our Therapy room which provides a calm, safe space for the child to feel supported and nurtured. Sessions are fun where we use a range of activities such as: games, role-play with puppets or therapeutic activities such as mindfulness or arts and craft.



### **Outdoor Enrichment**

Children flourish when they learn in nature. The enriching experience of outdoor learning can also lead to significant improvements in children's mood and wellbeing. Many children do not have access to the outdoors, so by taking their learning to this environment, we will see the different ways they navigate through an activity and the different responses they show when exploring the outdoors. By offering them the opportunity to be outside we allow them to free themselves from the confines of the classroom environment and allow the sounds, sights, smells and textures of nature to guide them.

### **What is Play Therapy?**

Play therapy is where play and art material are used as the main way for children to express themselves. Using play in therapy helps children express themselves in their own way which is comfortable for them, especially if they struggle to verbalise their emotions. Using play means that children can explore their own creativity and express themselves using media such as: drawing and painting, water and clay, sand tray and miniature objects, relaxation techniques, drama and puppetry, poetry, movement and music.



### **Reflexology**

Reflexology is a complementary therapy that is based on the theory that different points and areas on the feet, lower leg and hands correspond with different areas of the body. It is an ancient therapy that has been practised for over 5000 years. This is a natural form of healing using massage movements on the feet lower legs and hands to treat the entire body. Reflexology aims to correct imbalances in the energy zones of the body and works to promote the body's own healing forces which can become suppressed. Practitioners believe that working on these different areas can help aid relaxation, improve mood, release tension, enhance sleep, encourage the elimination of toxins, improve circulation, assist nerve function and can generally improve wellbeing.

### **External Agencies**

We work with various external agencies such as Key Changes where we currently have a music therapist once a week to support identified pupils. We are also fortunate to have links with the University of Roehampton which allows us to have access to art, drama, play and integrated psychotherapists on placement for the school and the Royal Central School of Speech and Drama for drama therapy placements. Students are also identified through our in-house referral process, or identified by the Wellbeing team. We are also a placement school for the University of Portsmouth for one of their mandatory modules in Childhood and Youth Studies.

