SUMMER 2026

Therapy Newsletter

Meet the SALT team

Katy Bourne

Lead Speech and Language Therapy Assistant

Beth Gentry-Hobson

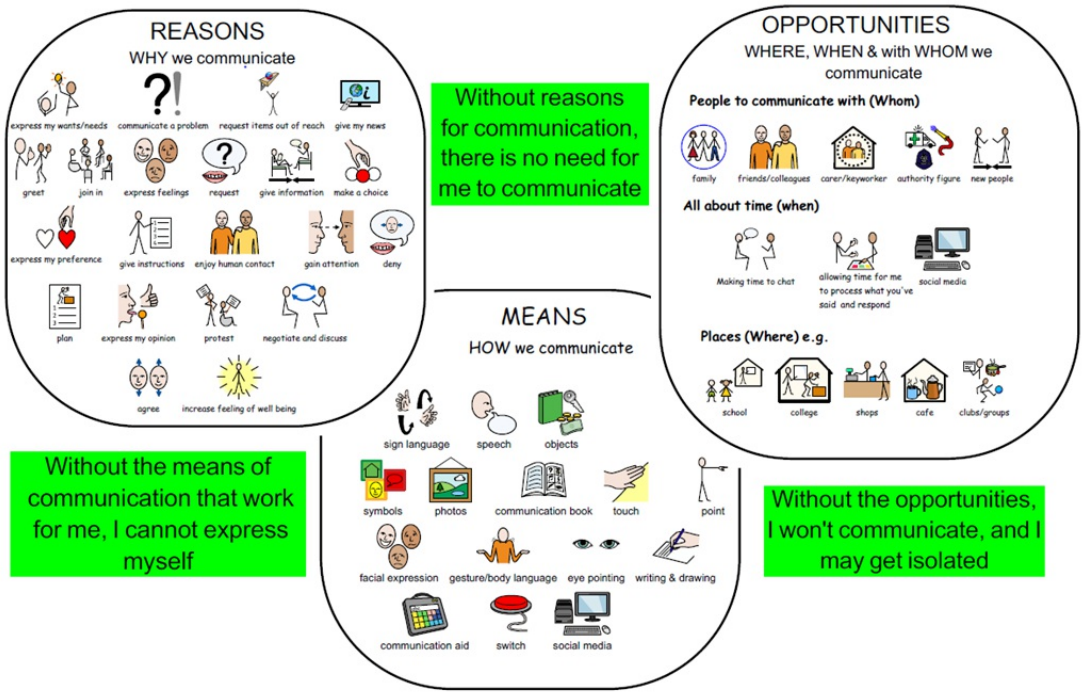
Highly Specialist Speech and Language Therapist and Team Lead

Muna Yusuf

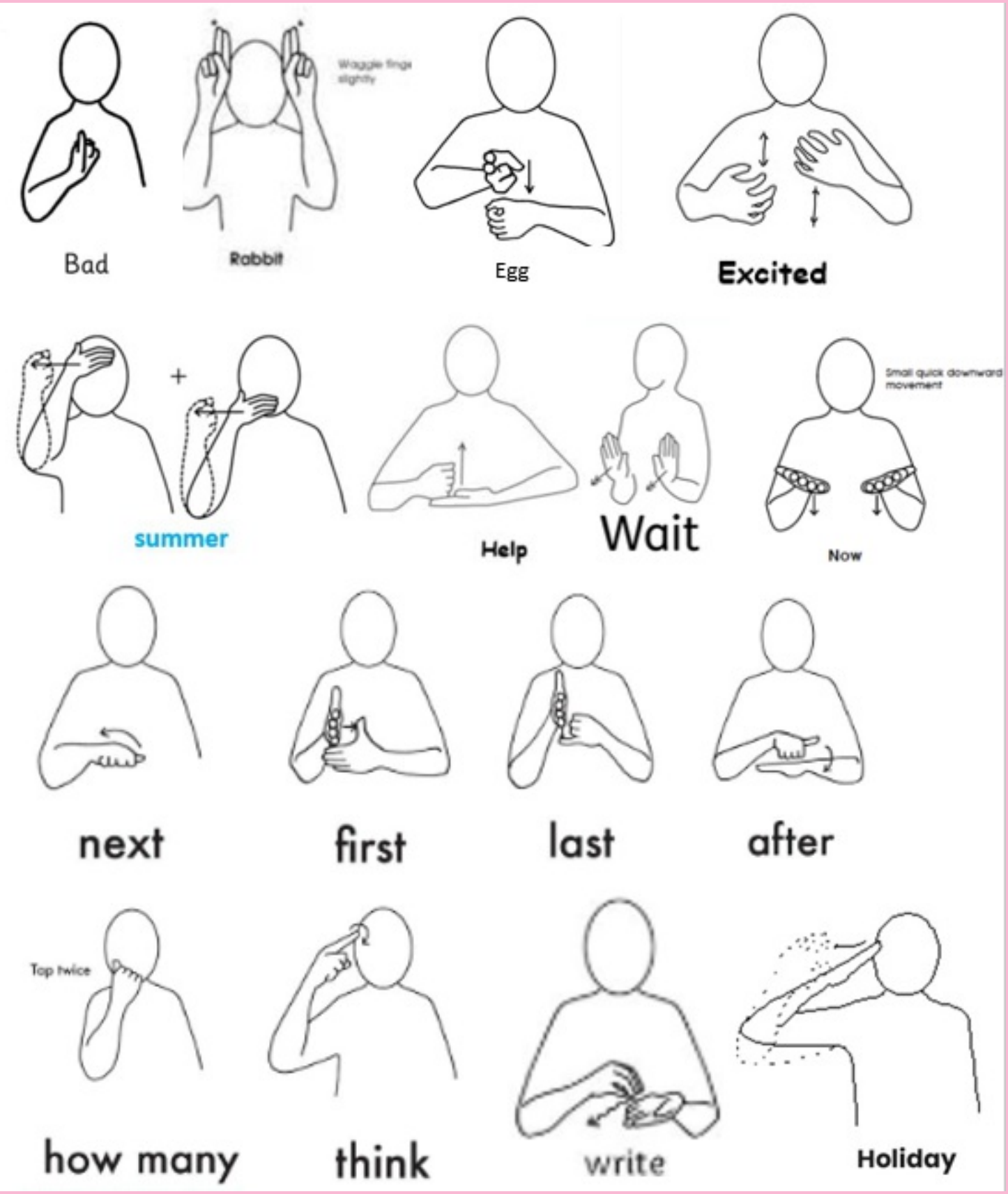
Specialist Speech and language Therapist

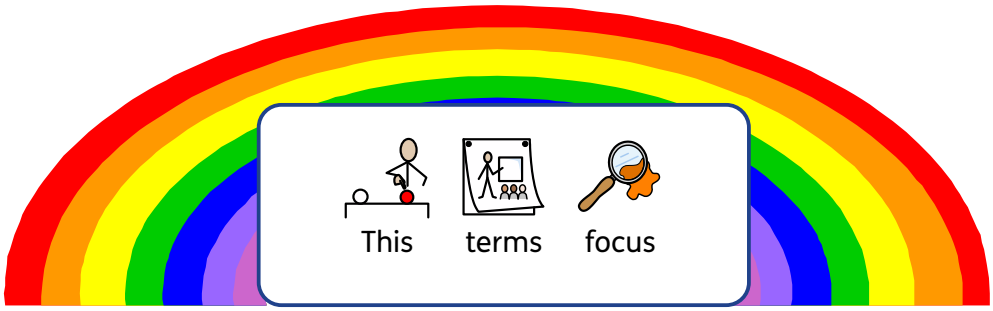
Speech and Language Therapy Assistants

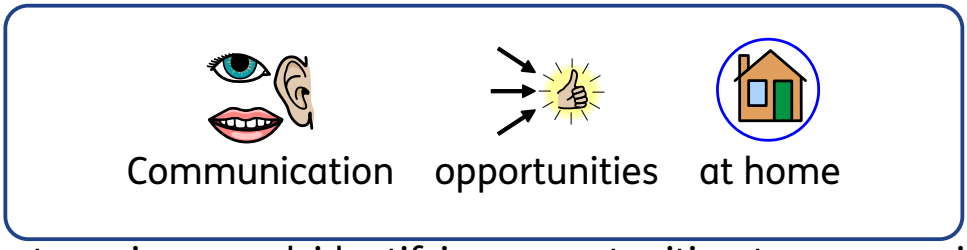
MEANS, REASONS AND OPPORTUNITIES FOR COMMUNICATION



Makaton Signs of the Term







Our focus this term is around identifying opportunities to communicate at home. There are so many opportunities in everyday life to create moments for our children to communicate. This includes:

- commenting
- joint attention
- requesting
- making choices
- following instructions
- vocabulary

Below are some ideas of activities you can do with your children. During this time remember to try to put distractions and screens away. Keep your language short, simple and repetitive.

Doing this activities together and focussing on modelling language can support your child's development of language/ communication.

Top ideas:

Cooking together- making choices of colours/ ingredients and following instructions

Nature walk- identifying what you can see, joint attention

Shopping trip- following a shopping list, making choices between foods, following instructions.

Water play- commenting during play, making choices

Therapy Newsletter

Meet the OT team

Aiste Sasnauskaite

Occupational therapy Assistant

Tayler James

Occupational therapist

Zaudi Morgan

Occupational therapist

The Eight Senses

Sight

Eyes can help us to see nature, objects, people, animals, movies, and more.

Taste

Taste sense help us to react positively or negatively with foods and drinks.

Touch

Hands and body help us to feel pressure, textures, temperature and pain.

Auditory

Ears help us to hear music and sound at a long or short distance.

Smell

Nose help us to smell things like flowers, perfumes and more!

Balance

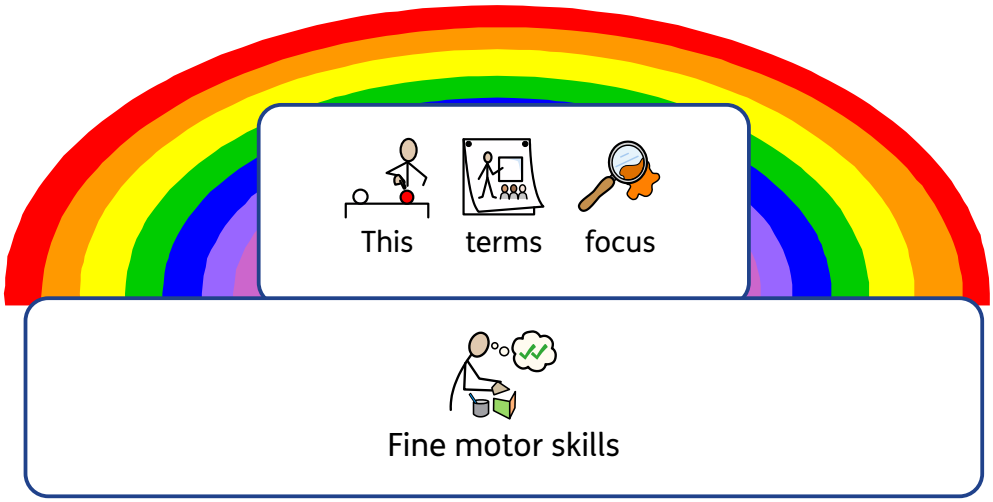
Internal ear help us to keep balance, direction and coordination.

Movement

Nervous system help us to feel grounded and know where we are.

Internal

Internal feelings help us to know what is happening inside ourselves.



This term, we're focusing on fine motor skills—a key area of development that supports children in becoming more independent, confident, and ready for everyday tasks. For some children, these movements can be challenging due to muscle tone differences, coordination difficulties, sensory needs, or developmental delays, but with the right support, huge progress is possible. Fine motor skills involve the small muscles in the hands, fingers, and wrists. These skills help children carry out everyday tasks such as: Holding a pencil, Fastening buttons or zips, Using scissors, Building with blocks, Turning pages in a book, Using cutlery and Opening containers

Easy Home Activities to Build Fine Motor Skills

Strength & Hand Control

Play with playdough: rolling, pinching, cutting

Use spray bottles (cleaning windows, watering plants)

Peg clothes to a line

Crumple paper into balls and throw into a bucket

Coordination & Dexterity

Thread pasta or beads onto string

Sorting small objects with tweezers or fingers

Posting coins or buttons into a container

Puzzles with chunky or simple pieces

Lego or block building

Creative & Pre-Writing Skills

Finger painting/ drawing in sand/shaving foam

Using stickers (great for fingertip control)

Cutting simple shapes with scissors

Using stamps or dot markers

Everyday Tasks That Build Skills

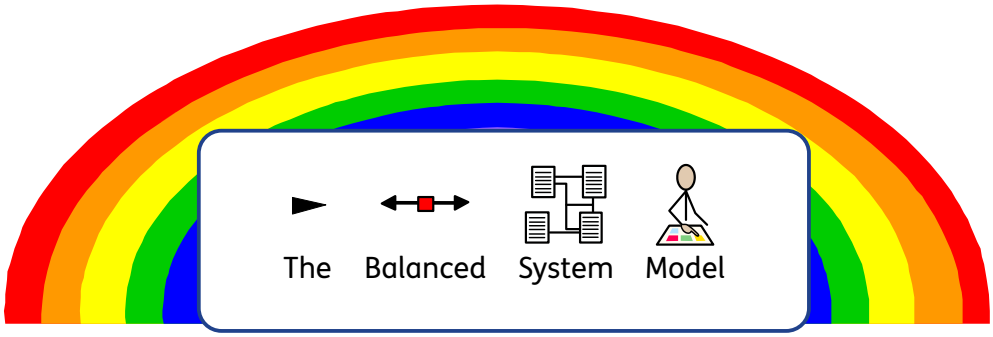
Opening food packets

Helping to cook: mixing, kneading, pouring

Using zips, buttons, and poppers

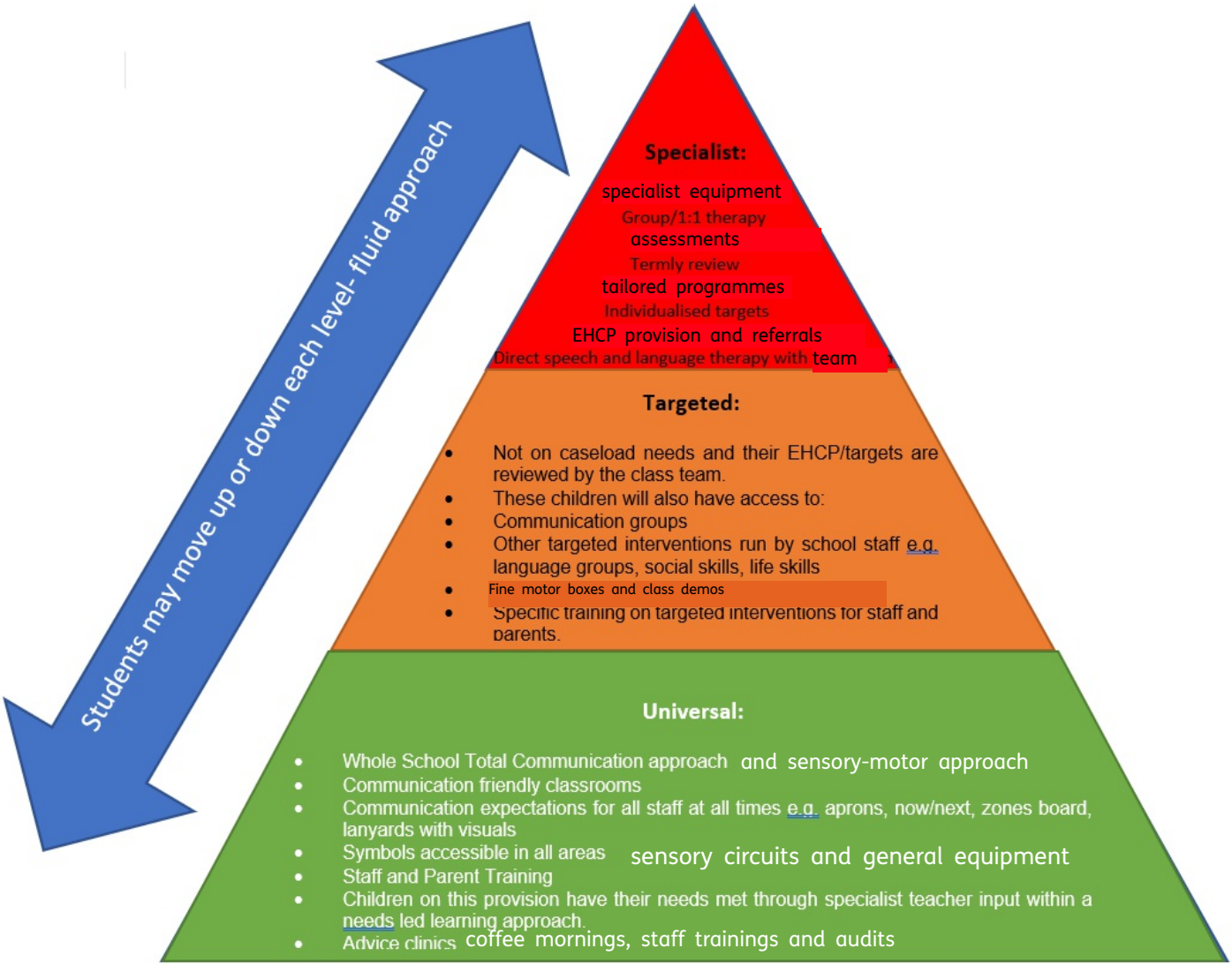
Turning pages in books

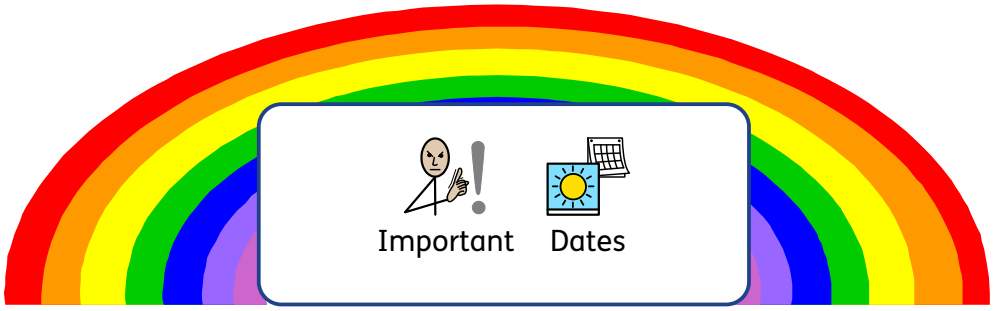
Helping to set the table (carrying small items, placing cutlery)



Children at St Nicholas school are supported through advice, training, parent advice clinics, a total communication environment and a Sensory Supportive Classroom

as well as specialist sessions and groups. Childrens' communication and regulation is supported by the 'Balanced System Model'. The different levels of support are outlined in the model below. Moving from specialist to targeted and/or universal is not about discharging a child; it is about looking at how their needs are best met, specialist level interventions cannot and should not happen in isolation - it is not in the best interests of the child.





Staff after school trainings-Thursdays 3:00-3:30 LRC

Salta intro and expectations
Zones
PECS
Grid
Intensive interaction
Receptive language/ ICWs
Play and people games
Communication boards
Social stories
Makaton

Monthly parent coffee mornings- with the SALT team

June

Coffee morning- understanding key words – 15th June 10am

Coffee morning- complex feeding – 8th June 10am

July

Coffee morning- Makaton – 6th July am 10am

Come and chat to the therapies team

Our next SALT advice clinic will be the week of the 22nd June

Our next OT parent support sessions will be the week of the 8th June

This is a chance to come and speak to one our our speech and language therapists.

Bookings will be sent out soon, please reply to the message to secure your place.