



# Waves - Off-site short-term placement for Primary aged children

## Information for Schools, Parents and Carers

**Children & Young People's Services**

**Durham**  
County Council





# Waves

## Welcome to Waves

Waves is a short-term off-site placement where children access many varied activities helping them to address social, emotional aspects of learning.

We provide a safe, caring and nurturing environment for pupils of mixed groups (Key stage 1 - 2) addressing social, emotional and mental health difficulties.

We provide part-time nurture provision for a maximum of six pupils, two days a week at two offsite placements:

- Tuesdays and Thursdays at Lanchester.
- Wednesdays and Fridays at Easington.



**Easington**

Lee House

SR8 3AB



**Lanchester**

DH7 0LG



At Waves, we focus on therapeutic based work comprising of:

Emotional Literacy, Therapeutic Story Writing, Lego Therapy, Relax Kids, Build to Express, Listening Skills, Social Skills.

The sessions are tailored individually to meet the needs of everyone at Waves.

**Waves - Off-site short-term  
placement for Primary aged children**





## Who to contact



**Lindsay Burkinshaw**

Behaviour Intervention Team  
Leader

**Telephone:** 03000 267 800



**Keely Wilkinson**

SEND Inclusion Specialist  
Support Worker

**Telephone:** 03000 267 800



**Wendy Short**

SEND Inclusion Specialist  
Support Worker

**Telephone:** 03000 267 800



**David Stow**

SEND Inclusion Specialist  
Support Worker **Telephone:**

03000 267 800

**Waves - Off-site short-term  
placement for Primary aged children**



## Transport Information

Waves will need to be given information on who will be dropping off and picking children up. If the child is going to be brought to Waves in a taxi, staff will need to be given taxi information to record and save in our records.

## Health and Safety

All doors, except fire exit doors are secured with either a fob or key. This is to ensure the safety of all children and to ensure no children abscond from the building or any unauthorised people enter the building. Staff are first aid trained and will notify parents/ school if first aid needs to be administered where appropriate. Staff can only administer prescribed medications to children .e.g. not Calpol. Parents/carers will be asked to sign a permission form, giving permission for staff to administer medications. Staff will keep written evidence of medications administered.

If a child should abscond from either Waves setting, the police, school and parents will be notified. Waves staff will ensure they take the precaution to discourage the situation.

If there should be a fire risk at any Waves placement, the children and staff will be escorted from the building to the fire assembly point.

Contact will be made with parents/carers and school to organise safe removal and transportation of the children.

## Team Teach

Waves will support adults understanding and management of challenging behaviour. Embedding the teaching of physical techniques within a holistic, de-escalation approach, in order to encourage a safe and secure environment.

At Waves we promote...

- More Self Restraint than Physical Restraint
- Positive behaviour support approaches with an emphasis on de-escalation.
- Due to body movements, during positive handling it is possible that a child may develop marks e.g. redness or bruising, however staff will endeavour to minimise risk.
- All incidents are recorded in line with DCC and Team Teach guidelines.

**Waves - Off-site short- term  
placement for Primary aged children**



## Home/School Diary

At the start of the placement each pupil will receive a Waves diary, pupils must take their diary to school and Waves on a daily basis.

Each day the diary will be completed by Waves or school staff depending on which setting the pupil is at that day. It is important the Waves diary is completed each day, for consistency between the two settings and also so that Waves staff can celebrate successes/incidents that have happened in school.

During the placement Waves staff will remove completed diary sheets, these will be used to identify strategies for the pupil and also to complete reports.

## Timings for Waves provision

- Earliest drop of time is 9.15am.
- Latest pick up time is 2.45pm.

Waves do not organise transport, it is the responsibility of the pupil's school/parents/carers to organise appropriate transportation to the Waves provision.

## Absences

Would parents/carers please inform their school if their child is absent for any reason, then could school inform Waves staff of the child's absence.

## Uniform

When pupils attend Waves it is important they continue to wear their school uniform, this is to ensure pupils continue to retain positive links with their school during their Waves placement.

## Lunch

Pupil's need to bring a healthy balanced pack lunch during their Waves placement, no fizzy drinks or sweets please.

A healthy school lunch provides sound nutrition to establish a lifetime of healthy habits and the energy your child needs for the rest of his/her busy day.

## Toys / Electronics

Toys /electronics are not to be brought to Waves during the pupil's placement, they may get lost or broken. Waves do not accept any responsibility for items brought from home.

**Waves - Off-site short- term  
placement for Primary aged children**





# Waves

## Waves Daily Timetable

### Lanchester

Time	Activity
9:15am	Handwriting
9:45am	Breakfast
10:00am	Diary Time
10:15am	Focussed Task- Therapeutic Story/Lego Therapy
11:00am	Snack
11:15am	Focussed Task - Emotional Literacy
12:00pm	Lunch
12:30pm	Social Skills/Listening/Concentration
12:45pm	Focussed task - Art/Relax kids
1:45pm	Golden Time
2:15pm	Story time
2:30-2:45pm	Home time

### Easington

Time	Activity
9:15am	Handwriting
9:50am	Snack
10:00am	Diary Time
10:15am	Focussed Task
11:15am	Social Skills
11:45am	Break
12:00pm	Lunch
12:20pm	Calm colouring
12:45pm	Relax kids
1:15pm	Listening/Lego Therapy
1:45pm	Golden Time/choose
2:15pm	Story time
2:30-2:45pm	Home time

These are the daily timetables for Waves at Lanchester and Easington. They offer a consistent structured daily routine which allows for flexibility of tasks, responding to the complex individual needs of the pupils as they arise. The routines are provided in a safe and secure environment for children, to enable them to enjoy a positive learning experience whilst at Waves.

**Waves - Off-site short-term placement for Primary aged children**



## Therapeutic Story Writing

Pupils will take part in Therapeutic Story Writing whilst accessing the Waves setting. Therapeutic Story Writing encourages pupils to put forward their ideas through stories, building confidence and motivation to write. Therapeutic Story writing encourages pupils to address possible emotional difficulties or problems around the characters within the stories. These could be experiences they have had or seen, or those of their peers. It empowers pupils to share problems and help others in a non-threatening manner, encouraging their use of emotional language. Pupils will develop their own collection of stories to take with them.



*Thank you to everyone at Waves, you have helped me and my son. Parent of Waves student*

## Relax Kids

Relax Kids is a tailored Relaxation Program for pupils of all ages. It promotes self-awareness and understanding of emotional and physical responses. It is delivered at Waves through fun, physical, mindfulness activities. We aim to support pupils in recognition and development of their spatial awareness, concentration, listening skills and emotional well-being. Encouraging the development of positive self-image and self-esteem. Creating through activities a way for pupils to self-regulate their own emotional responses, so developing a sense of overall wellbeing.

## Lego Therapy

This is series of practical activities which encourage pupils to communicate and develop extending language skills as well as cementing existing skills. It supports pupil's development of prepositional language using mathematical words around shape, colour and position. Pupils develop team work strategies, knowing when to speak and listen, aiding communication skills, take turns and share. The three main roles are Builder, Engineer and Supplier this enables pupils to learn to communicate appropriately and encourages positive eye contact. They learn to problem solve, build self-confidence and self-esteem, as a result of the roles they undertake within the group.



*Thank you for all your help, you deserve a gold medal!*  
Parent of Waves student

## Build to Express

Build to Express is a supported programme that helps children to individually identify feelings and emotions. Offering a non-threatening method of communication. Aiding the children in their emotional development. Supporting them in a safe secure way to address individual situations around their emotional well being.

**Waves - Off-site short-term placement for Primary aged children**



## Emotional Literacy

Emotional Literacy is delivered at Waves by using focussed activities to empower pupils understanding of their own emotional responses and feelings. It encourages emotional understanding of their peers and the impact that emotions have on others and our lives. Activities are based around practical, written and creative tasks, enabling all pupils to take part. Pupils are given every opportunity to express their thoughts and beliefs during these sessions. We feel at Waves this encourages personal understanding, creating empathy for those around us.

*Thank you  
for helping our son.  
Whilst you only had him for a short  
time, you unpicked his behaviour which  
was helpful. Parent of Waves student*

## Mindfulness

We find at Waves by encouraging pupils to address emotions through Mindfulness helps them begin to self-regulate in difficult situations. We promote Mindfulness through activities, bringing pupils attention to what is happening in the here and now and how they are feeling at that point in time. The aim for pupils is to develop their focus, special awareness and individual emotional control providing them with a strategy for successful outcomes where ever the setting.

## Restorative Approaches

Whilst at Waves pupils will be encouraged to address disagreements and conflicts in a Restorative manner. The aim of this is to help pupils begin to problem solve using a range of questions. It enables them to manage conflict by repairing harm and build relationships through facilitated discussions. The pupils are encouraged to use affective statements and questions to enable positive restorative discussion. Pupils are made aware through discussion, the feelings of others and the resulting impact of their behaviour choices and we would encourage schools to do the same.

## Celebrating Success

Waves has a strong ethos based around positive praise and pupil success. We celebrate successes in a variety of ways which could include:

- Verbal/Non-verbal encouragements.
- Sticker charts.
- Dip in the gift box.
- A Star on Our Tree of Success.
- Our Good to Be Green Certificates.

We aim to promote self-esteem and Well-being, giving pupil's confidence, for their future and to ease transition back into their mainstream environment.

*Thank you for helping  
me to improve!  
Jamie, student*

**Waves - Off-site short- term  
placement for Primary aged children**

