



Action-attainment
Communication skills for life



**Inset Training and
Family workshops**

***Available for Learning – Alert and
sensory diets***

“I always got told off for being hyper in class but I didn’t know that I could do anything about it. Now I have learnt ways to change my energy levels and concentrate more.”
(L, aged 13,
Greycourt School)

Do you know children who are constantly fidgeting, rocking on their chair or making excuses to get up and move? Are they disruptive and distracting to other students at school? Or do you teach a child who fails to hear their name being called, often seems half asleep and unable to focus? Is it easy to forget they are in class? These behaviours probably prevent them from accessing learning effectively and make social interaction difficult.

Alert is a programme of sensory integration developed in the 1950s in America by Occupational Therapists. Alert is used widely in specialist schools in the UK and globally. It identifies life-long learning so that children and young people:

- Recognize when they are displaying poor attention, learning and behaviour.
- Have personal, individual strategies for use at school, home and other settings so they can concentrate. Alert gives teachers and parents a framework to help children help themselves.

Contact sam@action-attainment.com; tel: 0208 392 9946

Alert Programme – Inset and Family Workshops for your School

We have designed a step by step programme of inset training, family workshops and individual learning to introduce Alert within school and home. We aim to help adults build children's ability control concentration and behaviour.

I Alert Programme Inset Training (timing/venue agreed with school) £550

Course leaders, Nicola Johns, OT; Tom Silver and Sam Silver, *Action-attainment*

- **Sensory integration:** children's needs, impacts on behavior and techniques to increase availability for learning; eg. movement breaks, quiet places, self-calming techniques
- **Using sensory integration techniques at school and at home:** A personal perspective on using a sensory diet in varied settings learning and behavior
- **On the Ball:** Teaching parents and children about sensory strategies through sport

II Alert Programme Parent Workshops £350

Course leaders, Nicola Johns, OT and Tom Silver, inclusion trainer *Action-attainment*

- **Sensory integration:** children's needs, impacts on behavior and techniques to increase availability for learning
- **Using sensory integration techniques at school and at home:** A personal perspective on the impact of sensory strategies from school to university and in work.

III Alert school & community course for children, parents and teaching staff

Course leader, Nicola Johns, Occupational Therapist & Tom Silver, Teaching Assistant

- The sensory profile is identified and explained over six weeks with a range of strategies adopted and practiced for use at school and home
- Learning Support Assistants from school learn about the children's individual strategies to support their use at school
- Each child receives a sensory diet and strategies for use home and school
- Feedback is provided to the school and parents at the start & end of the course
- This course can be run over 12 weeks, including adults and the children they support. Adults can include teaching staff, parents and care workers.

To discuss the Alert Programme and training contact Sam Silver, *Action-attainment*.
Charitable funding may be available for family focused & school/community training.

For more information visit our website:

<http://www.action-attainment.com>

Registered Company England and Wales 8818323
29 St Leonards Rd, SW14 7LY