



ST BRIGID'S CATHOLIC SCHOOL

Inspiring the potential of each child
* care for self * care for others * care for our environment

To whom it may concern

I write to you in requesting possible funding support for calming space resources for St Brigid's Catholic School which is located in Evanston, South Australia.

At St Brigid's Catholic School we pride ourselves on including all students within our school. We feel that every child has an opportunity to develop a personal relationship with Jesus as well as a love of self, love of others and love of learning. Importantly we also believe in a just world where your abilities or disabilities and background are respected and celebrated.

A number of our students present to the school community with a variety of disabilities and backgrounds. Some students have experienced trauma and therefore can present with a high level of anxiety. As a school community we have responded to this by creating a safe haven whereby staff have an understanding of each the students' specific needs. One aspect of this is the development of a calming space within our Learning Centre. This space has been an area of the school where students can spend some quiet time to assist with their self-regulation and calming strategies and enable them to be able to return to their optimal level for learning in the classroom.

The calming space has been in development for over a year and due to budgetary constraints has been utilised with minimal equipment. To learn more about how we can best maximise the space and meet the needs of the students we sought the input of an Occupational Therapist from Autism SA. The Occupational Therapist recommended numerous products and we are particularly interested in the following supports for our students:

- Theraputty - Used as a self-regulatory tool it provides some resistance in the hands which lowers anxiety (\$30 for two pots)
- Pea pod cushion - An inflatable cushion which provides deep pressure (giant hug feeling) to all over the body which can support an individual to feel calm and relaxed (\$255)
- Peanut ball - An alternative to standardised exercise/round gym balls, a student can lay on their stomach to assist with postural strength and control as well as providing sensory input to muscles and joints (\$40.95)
- Wall covering - Covers part of the wall so that students can access sensory motor and tactile activities (\$440)
- Light dimmers - To have flexibility for dimming and brightening lights for either calming and concentration (depending on the individual need of the students at the time) the current lighting needs to be replaced with LED lights and a dimming switch (quote from an electrician attached - \$600).

Thank you for taking the time to consider funding some/all of the resources for our calming space. As a school we strive to do all we can to maximise the potential of all students and believe that access to the equipment suggested by the Occupational Therapist will assist greatly with this.

If you seek any clarification, we would be more than happy to discuss this further with you.

Regards,

Paul Bennett
Principal

Colleen Stevens
Inclusive Education Coordinator

We are committed to nurturing creative, collaborative and connected learners