



Westmorland  
School

## Jen's story

Prior to joining Westmorland, Jen refused to attend school. The defiant young girl was diagnosed with ASD and her anxieties resulted in her needing to be in control; she was frequently demand avoidant.

All this impacted on her ability to access day to day activities, both within school and at home, which often also restricted the activities her family could enjoy together.

*"Jen's journey at Westmorland has certainly seen her flourish and the future certainly looks bright for this very capable girl."*

## Planning

Upon joining the school, Jen underwent a number of assessments over a number of weeks and it was widely acknowledged that she was a bright and energetic girl who had the potential to meet age expectations socially and academically. The school's Occupational Therapist highlighted significant difficulty registering, processing and integrating sensory information effectively; Jen disliked some textures and was constantly on the move, frequently somersaulting and spinning herself around to deal with situations. Jen used this as a technique to keep herself calm but this behaviour wasn't always appropriate for the environment.

Jen was given a ball chair in class that gave her the movement that she required whilst sitting and taking part in learning. She also accessed daily 10 minute 'Sensory Circuits' with the Occupational Therapist or Therapy HLTA, where she enjoyed crawling through the 'steamroller' that provided her with deep pressure tactile input and proprioceptive input, both of which are calming to the sensory system and helped Jen settle before starting her class work.

## Thriving

The Jen that joined us has transformed into a confident pupil who engages in education and thrives in the classroom, where she is relaxed and enjoys working with her friends. Her family proudly report that they are able to venture out together as she is less anxious and her need to somersault and spin is now a very rare occurrence. Jen's journey at Westmorland has certainly seen her flourish and the future certainly looks bright for this very capable girl.



[www.witherslackgroup.co.uk/westmorland-school](http://www.witherslackgroup.co.uk/westmorland-school)



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Meet Jen

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