

### **Bouldering**

Pupils attend Bouldering once a week for an hour's session. Bouldering and climbing has incredible benefits such as; Focus and Determination, Problem Solving, Teamwork and Communication, Builds confidence and body awareness.

Pupils can choose what level of difficulty that they would like to attempt and are offered support from SDS staff and climbing instructors.

### **Equine Therapy**

Pupils attend Equine therapy at a local stable for one hour a week. Pupils engage in activities such as grooming, feeding, and leading a horse whilst being supervised by a mental health professional.

Equine therapy has been proven to help build Confidence, Problem Solving Skills, Emotional Awareness, Social Skills, Impulsive Control and Trust and Empathy.

### **Fly fishing**

Students can now independently set up their rods, attaching the lines and fly's.

The pupils have taken to these sessions like professionals; all pupils have had "bites" on their line whilst others have caught spectacular fish. One pupil caught a beautiful Rainbow trout which we took back to school to cook over our campfire as part of our Bushcraft session.

The pupils are always very excited to go back the following week and can't wait to see who will be the first to catch a fish that day.

During these sessions pupils are encouraged to work on their personal targets from their EHCP.

### **English**

Students from the HUB are currently developing their spelling, punctuation and grammar skills through a range of reading and writing activities.

### **Therapy/Wellbeing**

At Stony Dean we can implement a wide range of therapeutic approaches on a pupil by pupil basis. These are timetabled into pupil timetables and can happen on a one to one basis or in small groups.

- Drama
- Yoga
- Art Therapy
- Music Therapy
- Speech and Language Therapy

# Stony Dean School Alternative Curriculum

### **Physical training**

The students have shown significant progress in their strength, ability, teambuilding and confidence whilst working with the personal trainer.

Every week they choose a type of exercise and they are set targets to complete in our on-site Gym, by the end of the week.

### **Carpentry**

Boys from the Hub are currently learning carpentry skills. They have been using a bow saw to chop logs and have now built a saw horse to help them.

They will be building their general maintenance and life skills on projects such as putting up shelves and small woodwork projects to raise funds for further Hub projects.

### **Bushcraft**

Bushcraft activities help promote a sense of adventure and discovery. These feelings help children find new connections and encourage them to get excited about learning all manner of things.

Each session is 2 hours long and the students learn skills such as building shelters, making water safe to drink, campfire cooking, baking bread and natural history (tree and plant identification using senses). These activities provide opportunities to practice skills in a relevant setting and to develop self-confidence and improve communication.

### **Team building games**

During form times the pupils spend their time playing team building games, practicing their turn taking and speaking and listening skills.

### **Work Experience.**

Pupils run the local community farm for the day. They start by receiving a list of jobs that need to be completed. The first job is usually feeding the pigs, alpacas, sheep and goats. They then give hay to the horses and feed the farm cat.

Once all animals are fed they start on the general maintenance of the farm including clearing overgrown areas, repairing and maintaining fences.

Pupils learn teamwork, perseverance, animal care and general maintenance skills

### **Cooking**

Pupils have the opportunity to work on the life skills by cooking at least once a week in small group. Pupils learn the importance of cooking tasty, nutritious and cost effective meals.

Pupils will be given support from staff based on their ability with the end goal of being able to cook independently.

