



St Edward's School

HAMPSHIRE

A Day in the Life of an Occupational Therapist at St Edward's School

At St Edward's, a specialist setting for boys with social, emotional and mental health difficulties, each day for an Occupational Therapist (OT) begins with a focus on setting pupils up for success. The morning starts with sensory circuits — a vital routine supporting regulation and learning readiness. These circuits involve a series of physical activities, including alerting, organising and calming activities. These are created and monitored by the OT. From trampoline bouncing to wall pushes and deep pressure activities, the circuits help pupils transition smoothly into the school day.

Following this, the OT moves into a series of individual one-to-one sessions within The Bridge. These sessions are tailored to each pupil's needs and typically cover fine motor skills, emotional regulation, self-care routines, and sensory integration strategies. They may include practising handwriting, balancing and coordinating, or developing strategies to manage overwhelm and anxiety.

A unique and essential part of the OT's role at St Edward's is integrated classroom support. Rather than working in isolation, the OT collaborates closely with teaching staff, joining lessons to help embed sensory and regulatory strategies directly into the learning environment. This might include modifying seating arrangements, offering fidget tools, or creating quiet spaces for pupils needing sensory breaks.

During lunchtime, the OT is invited to spend time with pupils in a less structured environment. Observations made at lunch can reveal key information about a pupil's regulation, peer engagement, and self-care skills with eating or hygiene, all of which inform future therapy sessions and support plans.

The afternoon usually ends with note-writing and planning. This involves documenting progress, updating intervention plans, and communicating with staff and families.

Being an OT at St Edward's is dynamic, collaborative, and deeply impactful. Every day offers a new opportunity to empower pupils to navigate their world with greater confidence, skill, and independence.

