



NEXTPATH ASSESSMENT & THERAPY
THERAPY FOR HIGH SCHOOLERS
AT MATER DEI SCHOOL
YEAR 7 - YEAR 12



NextPath
Assessment & Therapy



MATER DEI
SCHOOL



THERAPY FOR MATER DEI HIGH SCHOOL STUDENTS

2024 Evaluation and Review of High School Therapy services

Since 2021, Mater Dei High School students have had the opportunity to participate in a range of therapy services and we have implemented different models of service to align with therapy and classroom goals.

These approaches have included:

- In-Class Therapy (Speech Pathology and Occupational Therapy group sessions) for students in years 7-10
- Individual sessions for students in all grades (Speech Pathology, Occupational Therapy, Physiotherapy)
- Small group sessions for senior students

Throughout 2024, Senior Therapists and Mater Dei School's Executive Team have evaluated therapy programs and determined:

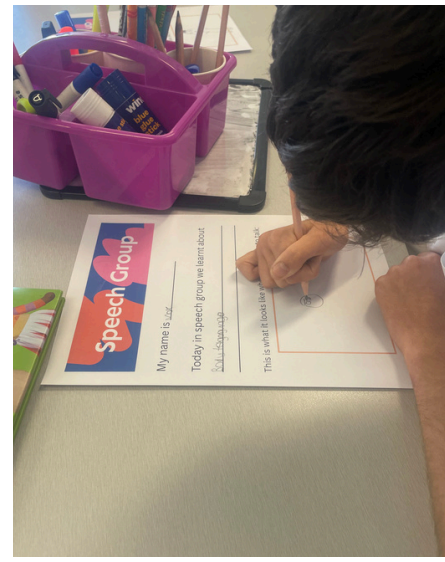
- High School students have more specific therapy goals that don't align as well to curriculum and classroom activities as they do in the primary grades (i.e. curriculum and therapy goals tend to be better matched in Primary school, but it is harder to match therapy goals to classroom activities as students get older and their goal areas change).
- Mater Dei Students have ongoing therapeutic needs as they enter High School and we want to provide access to therapy services during High School
- High School students have full classroom schedules with multiple educational priorities and withdrawing students for multiple therapy sessions during school hours is not feasible

Mater Dei and NextPath Assessment & Therapy remain committed to providing high quality therapy services that meet our student needs. From 2025, our High School Therapy options will include the following:

- Before and after school group sessions
- Individual therapy during the school day for students who have been identified as needing support to participate or function within the school environment or within school activities (referral from Executive Team required)

BEFORE AND AFTER SCHOOL THERAPY GROUPS

Before and after school groups will run weekly during school terms from 8am-9am or 3pm-4pm on their designated days (see below). Students will be able to transition to and from school to their therapy group at the specified times. NextPath Assessment & Therapy assume responsibility for students who opt in to group sessions while groups are running.



Group	Day	Time
Morning Routine	Monday	8-9am
Yoga & Regulation	Thursday	8-9am
Games	Wednesday	3-4pm
Sports	Tuesday	3-4pm

COST*

*Group session costs are dependent on the total number of students in the group. Group sessions include 1 hour face to face therapy, and 30 minutes planning per therapist. This 1 hour 30minutes is split between the students who attend. Costs may vary week to week depending on the number of students who attend.

Session Cost:	Session costs will range from \$48.50 (if there are 8 students in the group) to \$145.50 (if there are 2 students in the group).
Term Cost:	\$921.39 (if there are 8 students in the group) to \$1648.99 (if there are 2 students in the group).
Additional Charge:	\$193.99 for parent communication at the start of the term and summary report at the end of the term

OTHER IMPORTANT INFORMATION ABOUT GROUPS



- Groups will run in NextPath Assessment & Therapy Clinic rooms on-site at Mater Dei. Students will be supported to transition between school their therapy groups.
- For morning groups, parents/carers must drop students off to NextPath Assessment & Therapy Reception at 8am (no earlier).
- For afternoon groups, parents/carers must arrive at NextPath Assessment & Therapy Reception to collect students by 3:50pm for 4pm pick up.
- Students don't have to commit to groups for the whole year and may opt in and out each term. We encourage you to think about your goals and priorities when making decisions about what groups you opt into.

Group	Group Goals
Morning Routine	<ul style="list-style-type: none"> • Independent Breakfast Preparation and simple meal preparation (includes breakfast each week) • Self care skills relating to morning routine (e.g. organisational skills, personal hygiene and grooming activities, dressing skills)
Yoga & Regulation	<ul style="list-style-type: none"> • Regulation and preparation for the school day • Developing body awareness and proprioception • Improving flexibility and strength • Developing interoceptive awareness
Games	<ul style="list-style-type: none"> • Communication in social settings • Self-advocacy and self-determination • Interest-based, student-led activities
Sports	<ul style="list-style-type: none"> • Increasing opportunities for physical activity and team based sports • Exposure to a range of new and different sports • Developing gross motor skills • Learning about teamwork skills such as compromise, perspective taking and empathy.

INDIVIDUAL SUPPORT DURING THE SCHOOL DAY



We acknowledge that many Mater Dei high schoolers have more specific therapy and learning goals, and may need further individualised therapy to meet their needs.

NextPath Assessment & Therapy are available to provide individualised support during the school day to students where there is a clearly identified learning need or therapy goal, and therapy support will enhance the student's ability to function or participate in school activities within the school environment. Therapy will often be provided in 'blocks' so that short term, achievable goals can be worked on, and progress can be monitored and reviewed regularly.

There is a formal referral process for High School Students accessing individualised therapy support, summarised below:

1. Teacher or therapist identify the need for individual therapy support.
2. A referral form is completed by the class teacher and approved by Mater Dei School Executive Team.
3. Referrals are sent to NextPath Senior Therapy team for prioritisation and allocation.
4. NextPath Assessment & Therapy coordinate therapy sessions and consult with school staff and families as required.

Mater Dei students can also access NextPath Assessment & Therapy to work on other goal areas. For goals that are not related to school functioning and participation, students can access services outside of school hours. Parents and carers should contact NextPath directly to discuss their child's needs. Please note: NextPath has wait times for services outside of school hours.

If you have any further questions, contact NextPath Assessment & Therapy:

NextPath Assessment & Therapy

A | 229 Macquarie Grove Rd, Camden NSW 2570

P | 02 4654 8727 E | admin@nextpath.org.au

ABN | 44 054 606 987



NextPath

Assessment & Therapy

NextPath Assessment & Therapy is a multidisciplinary team of Speech Pathologists, Occupational Therapists, Physiotherapists and Allied Health Assistants dedicated to providing strengths-based, Evidence-based and individualised therapy support to babies, children and young adults.



MATER DEI