

# Testimonials

Claire Donaldson - Holistic Therapist



## St Anne's CE Primary School

Our children love their holistic therapy sessions with Claire, and they look forward to having their sessions. Parents have reported that their child uses the tools at home to help them when they are feeling anxious or nervous. One child with EBSNA now can't wait to come to school on a Tuesday because they know they are having a holistic therapy session with Claire. Claire creates a safe space for children and her calm manner ensures children trust and listen to her.

**Miss Polly Knight (Headteacher, St Anne's CE Primary School)**

## Foster Carer

I just wanted this opportunity to leave some feedback and say that since my Foster Child has been accessing your Emerald Alignment holistic therapy and reflexology the change in his mood and behaviour has been dramatic. I have always been open to alternative therapies and so when this support was offered via school, I was happy to give my consent. My Foster Child was displaying some challenging behaviour at home and has a diagnosis of ADHD along with a chromosome disorder, like many families the last few years have been difficult due to Covid, and this has affected us deeply as a family.

The therapy started around a month ago, almost immediately the change in his mood and behaviour has been astonishing. He appears calmer, content and at peace in himself - as if he's had a weight lifted. I feel I have my child back and this makes me emotional and thankful for the help. I cannot praise this approach highly enough. It has exceeded my expectations. I will fully recommend it to friends and family, once again thank you so much.

**Vicky Hollingsworth (Foster Carer)**

## Pioneer House High School

At Pioneer House, we are committed to providing holistic support to our students, ensuring their emotional wellbeing is nurtured alongside their academic growth. Introducing Claire, holistic therapist, has been a remarkable addition to our school community and support for learning team.

Through Claire's introduction of the 'Emerald Alignment Practice' and personalised reflexology sessions, our students have experienced many benefits. Many of our students have expressed feeling calmer after participating in these sessions. In fact, some students have shared how they use the practice to help them fall asleep, a testament to its effectiveness in promoting relaxation and reducing anxiety.

Furthermore, our staff have noticed a positive difference in students' behavior and readiness to learn after engaging in holistic therapy sessions. Students return to lessons with a renewed sense of calm, enabling them to focus and participate more effectively in their learning.

Claire's conduct has been exemplary; embodying professionalism, flexibility, and a genuinely positive approach in her interactions with both students and staff. Her commitment to supporting our students' wellbeing is evident in her dedication to tailoring sessions to meet their individual needs and preferences.

From a leadership perspective, holistic therapy offers an invaluable option for supporting students with Social, Emotional, and Mental Health (SEMH) difficulties. Additionally, it serves as a meaningful way to utilise pupil premium funding to support disadvantaged students. By incorporating holistic therapy into our wider strategies, we are providing holistic support that addresses the diverse needs of our student population, ultimately fostering a more inclusive and nurturing learning environment.

In conclusion, the introduction of holistic therapy at Pioneer House has been transformative, enriching the lives of our students and enhancing our school's holistic approach to education. We are immensely grateful for Claire's contributions and look forward to continuing to explore innovative ways to support our students' wellbeing and success.

**Declan Campbell (Associate Deputy Headteacher - Pioneer House High School SEND)**



Pioneer House High School students talking about the Emerald Alignment Practice and Meditation.

Relaxes your body.

It makes me feel calm and it relaxes me.

It helps get my bad thoughts out of my head.

It makes me feel happy.

It is so relaxing.

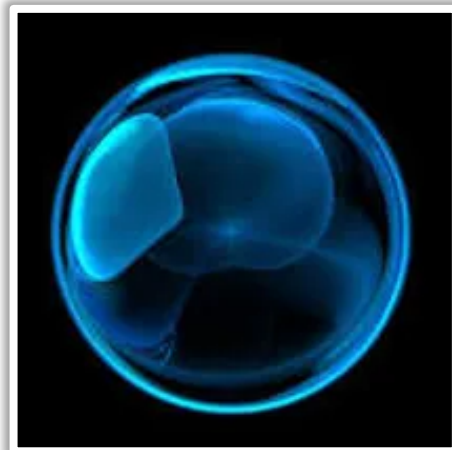
I love it.

I just like them.

I feel calm afterwards.

I like them because it's quiet.

Makes me feel fresh.



It is good, for everyone!