



LEICESTER THERAPEUTIC SCHOOL

PROSPECTUS

Building Foundations Through
Nurture and Mindset

SCHOOL FACILITIES :

✓ Therapeutic Classrooms

✓ Nurture Room

✓ Large Library

✓ Sensory Room

✓ School Hall

✓ Community Inclusion

CONTACT US:

☎ 0116 4022105

🌐 www.leicesterts.co.uk

✉ office@leicesterts.co.uk

Director's Welcome



Mrs Gurjinder Sahota

I am incredibly excited to be starting this new adventure, a moment that feels like the natural culmination of my entire career. Every role I have held has shaped my belief in the power of nurturing, inclusive education and strengthened my commitment to supporting children with special educational needs and disabilities. Throughout my career, I have been privileged to work with and support many wonderful children and their families. Opening this school allows me to build on that experience and make an even greater difference, reaching more children in a setting designed entirely around their individual needs.

I have a genuine passion for working with children with SEND and firmly believe that every child deserves to feel safe, understood, and valued. At our school, we are committed to creating a supportive, therapeutic environment where children can grow in confidence, develop essential skills, and achieve their full potential. I look forward to working in partnership with families, staff, and professionals to ensure every child is given the opportunity to succeed.

I have a deep passion for working with children and have truly cherished the past 24 years spent supporting their growth, development, and individual journeys. Throughout my career, I have had the privilege of working with children of all ages and in a wide range of educational and care settings. While each role has been rewarding, my most meaningful and fulfilling experiences have been with children who have special educational needs and those who have experienced trauma. These experiences have shaped both my professional practice and my personal values, helping me to identify where I feel most inspired and deeply committed in my career. They have also led me to this exciting moment – the opportunity to own and lead my own school. This represents the realisation of a long-held ambition and allows me to bring together everything I have learned into a setting built entirely around the needs of the children it serves.

I am particularly motivated by the vision of creating a school that not only meets each child's unique academic needs, but also places equal importance on mental health, emotional security, and overall wellbeing. My aim is to create a nurturing, therapeutic environment where children feel safe, understood, and supported to flourish both emotionally and intellectually.

Miss Helen Dixon



All About LTS

At Leicester Therapeutic School, our mission is simple and clear: we always put the child first. We believe that children learn best when they feel safe, secure, and supported, so we have carefully created a school environment where every pupil feels welcomed and understood.

Our school is set within a beautiful property dating back to the late 1800s, which has been thoughtfully and purposefully designed to create a calm, nurturing home-from-home environment. This welcoming setting helps children feel relaxed and secure, providing a strong foundation for learning. We build strong, trusting relationships with our pupils and offer an environment that is inviting, calm, and accessible. By taking the time to truly understand each child and their individual journey, we are able to reduce barriers to learning and help children move forward with confidence.

Our approach supports positive behaviour and attitudes in a child-centred way. We help pupils develop a practical toolkit of strategies to support self-regulation and emotional understanding. Children are guided to recognise the link between their actions and natural consequences, empowering them to make positive choices. Throughout this process, pupils are encouraged to reflect and learn within a caring and supportive environment.

Our experienced and caring staff are dedicated to helping every child achieve their full potential. They create a nurturing learning environment where children feel encouraged to explore, ask questions, and develop a genuine love of learning. When children feel safe, understood, and supported, they are able to thrive. At Leicester Therapeutic School, each child's wellbeing is our highest priority, and this commitment is reflected in every aspect of school life.



Vision and Ethos

Our vision at Leicester Therapeutic School is for every child to grow into a confident, self-aware young person with a love of learning, ready to embrace the next stage of their education with curiosity, ambition, and a positive attitude. We strive to create more than just a school – we are a community, working holistically with children and their families. Our children are at the heart of everything we do, and we provide a happy, safe, nurturing, and stimulating environment where every child is valued, respected, and supported to reach their full potential. At the core of our ethos is the belief in 'Building Foundations Through Nurture and Mindset,' ensuring that every child is celebrated for who they are while developing the skills and confidence to thrive.

Nurture

Safety: Fostering a secure and welcoming environment that allows our children to feel comfortable, confident and free to thrive.

Kindness: Promoting a culture of kindness, empathy and compassion, where every action and decision reflects our commitment to treating each other with love and respect.

Understanding: We celebrate individuality and empower our children to appreciate, respect and embrace the diversity that makes each person special.

Aspiration: We believe in the limitless potential of every child, by maintaining the highest of aspirations for our children and giving them the determination and self-belief to achieve greatness.

Mindset

Well-Being: Caring for the complete well-being of our children, we recognise the impact of physical, mental and emotional health on their happiness and success.

Positivity: Embedding optimism and positivity into our learning culture, our staff team sets a powerful example for our children.

Resilience: Promoting a growth mind-set, celebrating efforts and learning from mistakes. Our children will feel safe to take risks and persevere through challenges.

Honour: Celebrating achievements both big and small to ensure every child feels seen, valued and develops a sense of pride, belonging and self-worth.



Our Curriculum

At Leicester Therapeutic School, we bring learning to life through an immersive, topic-based curriculum. Each half term, children explore a carefully chosen curriculum connection building block – an engaging theme that links learning across subjects and helps ideas make sense. Our curriculum follows an interconnected approach, meaning learning is thoughtfully planned so knowledge builds step by step. This helps children develop strong understanding over time, make meaningful connections, and feel confident in what they are learning.

We believe that learning is most powerful when it has clear purpose and direction. By using inspiring, awe-filled topics, we help children understand why they are learning and how their knowledge fits together. These themes are designed to spark curiosity, capture imagination, and motivate children to achieve positive learning outcomes. Our aim is for every child at Leicester Therapeutic School to experience learning that feels relevant, exciting, and purposeful, supporting both academic progress and emotional wellbeing.



Curriculum Characters	
Literacy Llama	
Maths Monster	
Science Scorpion	
Topic Turtle	
Art Alligator	
D&T Dolphin	
So Safe Snail	
Mindful Monkey	
Music Meerkat	
Zones Zebra	
Geography Gerbil	
History Horse	
PE Penguin	
PSHE Piranha	
Computing Capybara	

Our Community

Leicester Therapeutic School is ideally located in the heart of the city centre, providing unique opportunities for children to learn beyond the classroom and engage with the wider community. Being at the centre of city life allows us to make full use of local resources, support inclusion, and help pupils develop confidence and independence in real-world settings.

We are committed to integrating our pupils into the community whenever possible. Children regularly take part in activities outside the school, from exploring nearby parks and green spaces during break and lunchtime to participating in organised trips that link directly to our curriculum topics. These experiences bring learning to life, spark curiosity, and allow children to apply knowledge in practical, meaningful ways.



Our city-centre location also helps children build essential social skills and a sense of belonging, as they interact with the world around them in safe, supervised environments. By connecting classroom learning with real-world experiences, pupils develop a deeper understanding of their community, learn to navigate different environments, and gain confidence in their abilities.

At Leicester Therapeutic School, we believe that learning should not be confined to the classroom. By taking advantage of our location and the rich opportunities it offers, we create a curriculum that is dynamic, inclusive, and engaging, helping every child to thrive both academically and socially.

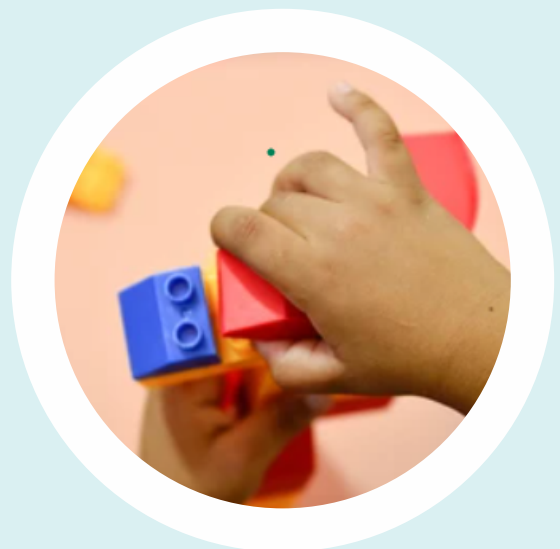
Mental Health and Wellbeing

At Leicester Therapeutic School, mental health and wellbeing are at the heart of everything we do. We provide a safe, supportive, and nurturing environment where children feel understood, valued, and able to thrive. Our curriculum includes weekly PSHE lessons alongside a specially designed mindfulness programme, helping children develop self-awareness, emotional resilience, and strategies to manage stress or anxiety.

Children also learn about the Zones of Regulation and Social Safety, giving them practical tools to understand and manage their emotions, build positive relationships, and make safe, confident choices.

We recognise that every child is unique, which is why therapies and interventions are tailored to meet individual needs. Depending on the child, this may include speech and language therapy, occupational therapy, Lego therapy, play therapy, or art therapy. These personalised approaches support emotional, social, and communication development, ensuring each child receives the guidance and support they need to flourish both personally and academically.

By prioritising wellbeing alongside learning, we help children feel safe, empowered, and ready to engage fully with their education, build confidence, and grow into resilient, self-aware young people.



Our School Facilities



Classroom

Our classrooms are calm and welcoming spaces where children can focus, explore, and engage with their learning. Classes are small, with up to eight children, supported by one teacher and three inclusion practitioners, ensuring each child receives personalised attention. Each room includes low-stimulation areas and comfortable breakout spaces, allowing children to regulate their emotions and learn at their own pace. The environment is carefully designed to be accessible, supportive, and stimulating, promoting both academic progress and personal growth.

Smaller Classrooms

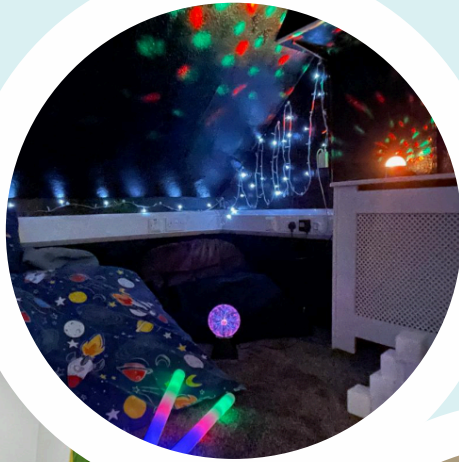
Our smaller classrooms are specially designed for children who require higher levels of individual support. These calm, low-stimulation spaces allow children to learn in a focused, personalised environment, with dedicated staff providing tailored guidance to help them achieve their full potential.

School Hall

Our school hall is a versatile space used for physical education, assemblies, and lunch. It provides a safe and welcoming environment for movement, group activities, and community gatherings, helping children develop both physically and socially.

Sensory Room

Our sensory room is a safe and calming space where children can explore and regulate their emotions. It features a soft play area with a padded floor for active play, as well as a dedicated zone for tactile activities, allowing children to engage their senses in a supportive and stimulating environment.



Dark Sensory Room

Our dark sensory room is a calming space designed to help children relax and unwind. With soothing lights and gentle projections, it provides a safe environment where pupils can regulate their emotions, reduce stress, and enjoy a peaceful sensory experience.

Nurture Room

Our nurture room is a beautiful, nature-themed space designed to provide a calm and welcoming environment. It is used for speech and language sessions, targeted interventions, and small meetings, giving children a supportive space to develop key skills and build confidence.

Library

Our library is a spacious, woodland-themed space, filled with a wide range of books to inspire a love of reading and learning. It provides a calm and inviting environment where children can explore stories, develop their literacy skills, and enjoy quiet reflection.

Occupational Therapy Room

Our occupational therapy room is a specially designed space where children can develop practical skills, coordination, and independence. Equipped with a range of resources and tools, it provides tailored support to meet each child's individual needs in a calm and focused environment.



Creative Therapy Room

Our therapy room is a welcoming, flexible space designed for play, Lego, and art therapy sessions. It provides a safe and supportive environment where children can express themselves, develop social and communication skills, and work through challenges in creative and engaging ways.

Our Team



Head Teacher
Mrs G Sahota



Class Teacher
Miss Dixon



Premises Officer
Jig Chouhan



Inclusion Practitioner
Miss Daughton



Inclusion Practitioner
Miss Hill



Community
Inclusion Practitioner
Mrs Hughes



Community
Inclusion Practitioner
Mrs N Sahota

School Governors



Chair of Governors
Ms Lee



Safeguarding Governor
Mr Mackay

Admissions

At Leicester Therapeutic School, the needs of each child are at the heart of every decision we make. We carefully consider all admissions to ensure that our school is the right environment for each pupil. Our admissions process is guided by our policy, which is applied consistently and fairly, and we work closely with parents and local authorities throughout.

We are able to consider admissions for children who meet the following criteria:

Children aged between 5 and 11 years (Years 1 to 6).

Children with an Education, Health and Care Plan (EHCP), with a primary need relating to Cognition and Learning and/or Social, Emotional and Mental Health.

In addition, we may also consider children with a range of other special educational needs, including (but not limited to):

Speech, language and communication difficulties

High levels of anxiety and/or children who find attending school particularly challenging

Sensory processing differences

In these circumstances, careful consideration will be given to whether we are able to meet the needs outlined in the child's EHCP.

For every child, we carry out a thorough assessment of need as part of the admissions process. This ensures that we are confident we can fully support the child's learning, wellbeing, and individual development within our therapeutic school environment.



School Life

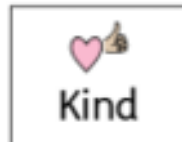
Our School day is:
8.45am-3pm Monday to Thursday
8.45am- 2pm Friday



LTS Code

At Leicester Therapeutic School, our LTS Code sets out clear, simple expectations that help everyone feel safe, respected, and ready to learn. The code is rooted in kindness, consistency, and understanding, recognising that all behaviour is a form of communication. Our rules support children to make positive choices, develop self-regulation, and build trusting relationships with adults and peers.

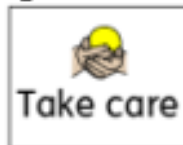
1. We are kind.



2. We are honest.



3. We take good care of our school.



4. We Work hard.



5. We listen to others.



Contact Information

We warmly invite parents, carers, and professionals to visit our school and see first-hand the calm, nurturing environment we provide for our children. A visit offers the opportunity to explore our thoughtfully designed spaces, meet members of our dedicated team, and gain a deeper understanding of our therapeutic approach to learning and wellbeing. We believe that seeing the school in action is the best way to understand how we support each child to feel safe, valued, and ready to learn, and we would be delighted to welcome you.



0116 4022105



Office@leicesterts.co.uk



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Office opening hours: 8.15am-4pm Monday -Thursday
8.15am-2.30pm Friday

Proprietors Details:
Thanborough Group LTD
21 High View Close, LE4 9LG
Tel: 0116 4022105



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