



Beyond the Books: A holistic path to progress

ADA_POL_020: Curriculum, Therapy and Personal Development Policy

A Different Approach Tutoring and Therapy Services Ltd (ADA Ltd) Version: 1.1

| Reviewed: April 2026 | Next Review: April 2027

1. Vision and Purpose: The "Whole-Child" Approach

The curriculum at ADA Ltd is designed to re-engage, inspire, and accelerate progress for learners with SEND, EBSA (Emotionally Based School Avoidance), and those educated outside of mainstream settings. We recognise that for pupils to learn, they must first feel safe, emotionally regulated, and heard.

- **Mission:** To reduce anxiety, build resilience, and re-integrate students with learning through evidence-based interventions.
- **Specialist Oversight:** Led by a Director with QTS, Postgraduate SEND qualifications and 25 years of experience, including school leadership.
- **Legal Compliance:** Provision is bespoke and capped at 18 hours per week per student.
- **Principle:** We operate under the ethos of *"Nothing About Me, Without Me."*

2. Core Pillars: Therapeutic Intervention & Emotional Regulation

We recognise that emotional stability is the foundation of academic progress. Our curriculum integrates the following specialist frameworks:

- **The STILL Method®:** A systematic approach to anxiety coaching, helping students move from a state of 'High Alert' to 'Calm and Capable' through bespoke coping mechanisms.
- **Emotional Regulation (The Zones of Regulation®):** We integrate these principles to help students identify their emotional states and develop a bespoke toolkit of selfregulation strategies.
- **Brick-by-Brick® Programme:** Utilising collaborative play to develop social communication, empathy, fine motor skills, and emotional literacy.
- **Drawing and Talking Therapy:** A non-intrusive, safe therapeutic intervention for emotional processing and resilience building.

3. Academic Specialisms (Cognition & Learning)

As a SENDCO-led provision, ADA Ltd provides highly differentiated support designed to reduce cognitive load while maintaining high aspirations.

- **Specialist Tutoring:** Core subjects (English/Maths) up to KS2 and Science Specialism up to KS3 and GCSE Biology.
- **Adaptation & Triage:** Following a 15-minute Discovery Call, all lessons are adapted to specific EHCP outcomes and sensory needs.
- **Digital Continuity:** Maintaining alignment with the student's home school via premium platforms to ensure educational consistency.
- **The Window of Tolerance:** Academic goals are balanced with therapeutic breaks to ensure the student remains regulated throughout the session.

4. Employability & Aspirations (Preparation for Adulthood)

We prepare students for life beyond education by embedding:

- **Gatsby Benchmarks:** Actively linking curriculum topics to real-world careers.
- **Essential Skills:** Embedding the **Skills Builder Universal Framework** into projects.

5. Pupil Voice, Agency & Participation

The student is at the heart of their educational journey through:

- **Regulation Check-ins:** Every session begins with a check-in to communicate "Readiness to Learn."
- **Curriculum Agency:** Using student interests (e.g., gaming, nature) to teach core principles and increase engagement.
- **Advocacy:** We support pupils in preparing their "Pupil contribution" for **EHCP Annual Reviews**, ensuring their voice is represented to the Local Authority.

6. Assessment, Impact and Reporting

We provide data-rich evidence for commissioning bodies and schools:

- **The Suitability Period:** The first two sessions act as a "Therapeutic Suitability Period" to ensure a positive practitioner-student match.
- **Academic Tracking:** Small-steps tracking via the **Birmingham SEN Toolkits**.



Beyond the Books: A holistic path to progress

- **SEMH Mapping:** Social and emotional progress tracked via **PIVATS SEMH Ladders**.
- **Reporting:** A formal Provision Proposal is followed by comprehensive **Summary Impact Report** either every 6 weeks or at the termination of the contract.

7. Data Transparency

For details on how ADA Ltd handles student data during the delivery of this curriculum, please see our Privacy Notice.

Director: Jennie Jepps **BSc(Hons) / PGCE / PGCert SEND**

Zones of Regulation® is a trademark of Leah Kuypers and Think Social Publishing, Inc. ADA Ltd uses this framework as a tool to support emotional regulation and is not an officially licensed training provider.