



## **Speech and Language Therapy at London Nautical School through Words First Ltd : Empowering Communication Skills for Teens**

The school is fortunate to have the services of Lexi Yanitsaros, Speech and Language Therapist. Lexi works at LNS three days a week: one day supporting the ASC Resource Base and two days supporting mainstream.

Navigating academics and friendships can be challenging for about 16% of teenagers facing Speech, Language, and Communication difficulties. At LNS, we are dedicated to transforming their experiences through our specialised services.

Since 2009, Words First has been supporting Secondary schools across London. Our Director's expertise lies in this age group, where we have witnessed tremendous improvements. Contrary to the belief that it is too late for intervention, we have found that age, maturity, and self-awareness bring the greatest progress.

Our three-tier model, comprising Universal, Targeted, and Specialist Levels, caters to the unique needs of each student. By collaborating with the SENDCo and Head of ASC Resource Base and aligning with the school's goals, we ensure comprehensive support.

### **Universal Level: Supporting All Students**

We embed Speech, Language, and Communication Need (SLCN) strategies throughout the school, raising awareness for everyone. Through engaging displays, INSET for staff, support groups for students and informative "Top Tips" in the weekly staff bulletin, we equip the entire school community with a better understanding of communication profiles. Staff are empowered to implement supportive strategies in the classroom.

### **Targeted Level: Focused Intervention for At-Risk Students**

We provide targeted interventions and assessments for students facing delays in speech, language, literacy or communication where possible. To extend our reach, the SaLT trains designated staff members and equips them with targets and resources. Working collaboratively, they deliver interventions in small groups based on individual assessment results.

### **Specialist Level: Tailored Support for Significant and Complex Needs**

Our expertise shines when working with students who have Education, Health, and Care Plans (EHCPs). We design personalised interventions based on their unique assessments and requirements, in line with Section F of the student's EHCP. Our support adapts to their specific needs, focusing on functional targets aligned with their own aspirations. We create a safe space for practice and skill-building before applying them in classrooms and social environments.

Further information and guidance can be found here <https://www.wordsfirst.uk/>