

Dear Parents,

As part of supporting the needs of our students we have a variety of professionals who are part of our teaching team. One of them is the Occupational Therapist or "OT". This year we have Jessica McMurdie OTR/L owner of Stepping Stones Occupational Therapy and her therapy colleague Alexa Anderson OTR/L.

An Occupational Therapist helps children in the following areas of school functioning:

- **Handwriting skills:** holding a pencil, handwriting legibility, speed and writing endurance.
- **Fine motor skills:** moving objects within the hand, drawing and cutting.
- **Gross motor skills:** running, jumping, ball skills and general participation in physical activities.
- **Sensory processing abilities:** Could problems interpreting and organizing sensory input cause the child to behave inappropriately or cause other difficulties in school, such as disorganization and inattention? Is he/she overly sensitive to things or doesn't seem to notice?
- **Self-care skills:** dressing for outside, using utensils, organizing backpack and materials, opening snack containers and shoe tying.

The teacher will talk with you if she has a specific concern about your child's progress in the above areas and a referral can be made for further assessment and treatment. Individual student screenings will be provided only when a teacher or parent specifically requests that the occupational therapist screen their student. Screenings are free of charge.

This form is to ask your permission to allow Jessica and/or Alexa to speak to the teacher about your child while in class, review work samples, interact with your child and give suggestions. For example, the OT may give the teacher ideas to help a student hold a pencil correctly.

Please note that Jessica and Alexa are not employees of Sacred Heart, but rather independent consultants. Jessica is the owner of Stepping Stones Occupational Therapy in Bellevue and a preferred provider for Premier Blue Cross, Regence Blue Shield, 1st Choice Health. If you choose to have your child participate in school based OT sessions, they will be billed to your insurance or on a private pay basis. Visit www.steppingstones-ot.com to learn more or contact her directly at jessica@steppingstones-ot.com
Main Office: 425-502-9440 Direct Ph: 425-443-4831

Please sign and return to Jessica McMurdie's OT mail box in the office or to Kerry at the front desk.

I have read the above information, and I give permission for Jessica McMurdie and/or Alexa Anderson Registered/Licensed Occupational Therapists to:

- 1) Interact with my child as part of regular classroom activities.
- 2) Observe my child's ability completing classroom activities. Review work samples.
- 3) Answer questions the teacher may have regarding my child.
- 4) Provide suggestions for my child.

I understand that the therapist will not formally assess or treat my child during this time. A copy of the completed occupational therapy screening form will be provided to me and the teacher. If I have any concern then I can contact my child's teacher.

Child's Name: _____ Teacher: _____ Date: _____

Parent Signature: _____

Parent Name, please print: _____ Phone: _____

E-mail: _____