Reset AP is a dynamic and supportive alternative provider for children and young people aged 9 to 25 with an EHCP. We are committed to empowering individuals by offering tailored interventions that promote personal growth, resilience, and educational success.

Our approach includes:

- 1:1 and Small Group Mentoring: Each young person is matched with a dedicated Reset Mentor who provides personalised support, helping them build confidence, develop key skills, and achieve their potential.
- Collaboration and Liaison: We work closely with schools, parents, and other professionals to ensure that every young person's needs are met. Through regular communication and progress updates, we create a unified support network.
- Partnering with Providers: We collaborate with other alternative providers and services to enhance our offer, ensuring a holistic and comprehensive approach to each young person's development.

Reset AP Curriculum Overview

At Reset AP, our curriculum is designed to provide a holistic, flexible, and nurturing approach to education for children and young people aged 9-25 with an EHCP. It focuses on emotional well-being, personal development, and practical skills, delivered through tailored 1:1 and small group support.

Curriculum Components

1:1 Emotional Support

- Weekly sessions with a Reset Mentor to explore emotional resilience, self-regulation, and confidence-building.
- Tailored therapeutic activities such as journaling, mindfulness, and creative expression (e.g., art or music).
- Solution-focused approaches to address challenges and set achievable personal goals.

Personal and Social Development

- Workshops on communication skills, teamwork, and conflict resolution.
- Activities promoting independence, including budgeting, cooking, and daily life skills.
- Exploration of personal strengths, career aspirations, and pathways to employment or further education.

Creative and Physical Activities

- Art, drama, and music-based projects to foster creativity and self-expression.
- Sports and outdoor activities promote physical health, teamwork, and stress relief.
- Group challenges such as gardening or community-based projects to build a sense of purpose.

Academic Reintegration and Support

- Core academic skills in literacy, numeracy, and IT, adapted to individual needs.
- Support to re-engage with mainstream education, college, or vocational training.
- Assistance with completing coursework, exam preparation, or transitioning into further education.

Health and Well-Being

- Education on mental health awareness, emotional intelligence, and coping strategies.
- Focus on physical health through nutrition, fitness, and understanding the mind-body connection.

Community and Collaboration

- Partnering with local providers for vocational taster sessions, work experience, or specialist workshops.
- Group activities encourage peer connection and build positive relationships.

Delivery Approach

- Each young person is matched with a Reset Mentor who works with them to co-design their learning plan, ensuring it aligns with their individual needs, interests, and EHCP goals. Progress is regularly reviewed, and parents, schools, and professionals are kept informed to foster a joined-up support system.
- Our curriculum aims to inspire young people to thrive emotionally, socially, and academically, equipping them with the tools for a positive and independent future.
- Reset AP offers a safe, nurturing environment where children and young people are encouraged to thrive, with their voice at the heart of their journey. Together, we create meaningful opportunities to help them re-engage with their education and future aspirations.

For more information about our services or to make a referral, please contact Reset AP.

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