Health PEI

School Therapy OT Program
Working Together for All Students

School Therapy Occupational Therapy (OT) Program

Hi everyone! My name is Rebecca Murray, and I am the Occupational Therapist (OT) who will be working at Vernon River Consolidated School this school year. I am excited to be part of your school community and to work alongside students, school staff, and families. I will be at Vernon River Consolidated every other Day 5 beginning September 22nd, 2026.

While at Vernon River Consolidated my focus will be to work together to support students in kindergarten to grade 6; however, I am also available to support students in junior high.

Throughout the school year, I will work together with teachers, school staff, and students to help create learning environments that are accessible and inclusive for all students. To provide support where students learn and play, I may be spending time in classrooms, small groups, the gym, library, music class, hallways, cafeterias, the playground, etc.

Occupational therapists are regulated health care professionals who work with children in many different settings and understand the importance of environmental set-up, adaptations, accessibility, motor development, sensory processing, emotional regulation, and executive function to best support students with participating in their learning, building confidence, developing independence, and experiencing success at school.

OTs support students in school with participating in

- **Personal cares:** bathroom routines, putting on and removing outdoor clothing and footwear – including fasteners (e.g., snaps, zippers, buttons, shoelaces), opening and closing lunch containers, feeding self, etc.
- **Classroom and school routines:** transitioning between activities or spaces within the classroom or school, organizing, and locating school materials, participating in classroom routines, participating in Phys Ed, library, music, recess, and playground activities, etc.
- **Learning-based activities:** using classroom tools (e.g., scissors, pencils, glue stick, learning manipulatives, etc.), expressing learning through cutting, colouring, drawing, printing, cursive writing and using technology, self-regulation, and executive functioning with respect to focusing attention, organizing self, and starting work in a timely manner, etc..
- **Managing the sensory demands of a school environment:** managing the sound of the school bell and /or announcements, sounds and movement in busy corridors, sounds in the gym, sounds during assemblies, lighting in the school, feel of learning materials, etc.
- **Managing the physical environment:** accessing spaces when using mobility aids (e.g., wheelchairs, walkers, etc.), accessing appropriate classroom desk and chair heights, using flexible seating options and optimal learning spaces, using equipment for personal cares and technical access (e.g., change tables, lift systems, switches for environmental controls or communication devices), etc.

Families are important partners in supporting student success. If you have questions about OT services at your child's school, or if you would like to discuss concerns you may have related to your child's participation at home or at school, please feel welcome to contact me rnmurray@ihis.org or 902-213-3248, or your child's school.

Rebecca Murray, OT Reg.(PEI)
Occupational Therapist, School Therapy OT Program