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Touch Typing Skills

Could your son benefit from touch typing skills for a wide variety of his writing and communication needs at school and beyond?

Having great touch typing skills is a must-have skill in our digital world. It can be learnt, improved or mastered with practice. It can help your son to organise his thinking and planning, saving him time and mental energy when producing written work. Touch Typing skills are also highly valued in the workplace, so there are long-term benefits for establishing better typing skill and speed during the school years. Understanding and adopting good posture when typing can also affect your body, and lead to a reduction in: pain, fatigue, and the risk of developing long term chronic health problems.

Designed and run by an experienced occupational therapist, this program aims to give students the touch typing skills they need to undertake effective word processing on their PLDs, in a way that develops good and sustainable typing habits, encourages improved desk ergonomics, and improved typing speed and accuracy. The course is designed to bring creativity and fun to the practice and improvement of typing for homework, assignments and self-directed tasks.



The Program will include activities with a dramatic twist to:

- **Develop fine motor skills, eye hand coordination and finger strength**
- **Look at overall posture and ergonomic workstation set up**
- **Teach how to touch type, using a popular and easy-to-learn system**
- **Give incentives to make practice manageable**

The program will be run on a small group basis (approx. 8 students) so that professional guidance, peer feedback and modelling can be maximised.

The program will run over **8 consecutive weeks in Term 4**, from Week 2 (week beginning 17th October) up to and incl. Week 9 (week beginning 5 December) with students able to attend makeup sessions through the 8 week term if required for illness or other reason.

Time: 70 minutes per week (3.20pm to 4.30pm one afternoon per week, with a choice of 4 afternoons available - Mon to Thurs - depending on numbers)

Location: St Pius X College, TAS Computing Room (TCR), D Block

Cost: \$280.00 per student

You may be able to claim on your Private Health Insurance cover for this program if your policy includes OT under extras cover – item Number 300 Group therapy intervention.

FOR FURTHER INFORMATION OR TO REGISTER YOUR INTEREST FOR TERM 4 2016 email Anna Orchard, Occupational Therapist, at anna.louise.orchard@gmail.com and/or Joanne Raheb-Mol, Learning Support and Enrichment Coordinator at: JRahebMol@stpiusx.nsw.edu.au