Hellingly School SEND Newsletter

Term 1

Each term I will be producing a newsletter about a specific area of need. This will enable any current information to be shared and greater understanding of identified needs. It will also signpost you to further training and resources. This term will be about **ADHD**.

What is ADHD?

ADHD, or Attention Deficit Hyperactivity Disorder, is a neurological condition that affects a young person's concentration, impulse control and time awareness.

People with ADHD can be impulsive, forgetful, and easily distracted without meaning to be; they may interrupt frequently, and not pay attention. Some will be Hyperactive.

Young people with ADHD need a consistent approach, regular and immediate feedback, to help stay on track, make progress and to be rewarded for good behaviour.

What can we do in class?

Help create a structured environment so that these children have less problems with starting and completing tasks, making transitions, working with others, following directions and maintaining attention: They need predictability, structure, short work periods, more individual instruction, positive reinforcement.

- establishing a daily classroom routine
- displaying timetable
- providing structure through lists, timetables, timescales and regular reminders
- appreciate and accept that the child cannot help her/himself: her/his behaviour is not prompted by naughtiness
- monitor progress regularly throughout the lesson
- be consistent, firm, fair and patient and give constant feedback
- use deliberate eye contact when speaking to her/him (almost 'staring')
- allow 'time out' if required to move/de-stress/breathing/relaxation
- adopt now and then approaches
- facilitate a quiet space in school that is accessible (chill out zone/tent)
- support smooth transitions between lessons (minutes earlier to/from lessons with a reliable buddy)
- allow de-stress, tactile or fiddle toys
- allow to doodle when listening
- sit near you; at the front of the room; away from windows; away from bright, colourful displays
- count-down to transitions (in 10, in 5 etc)
- when taking turns in a group, use a timer to set limits
- use visible reward/motivations systems not punitive
- do not mention their diagnosis/medication publicly – would you like it?
- try desktop screens to minimise distractions
- use large type on hand outs
- Check out sensory stimuli – too much or too little?

ADHD Fact Sheet

ADHD FOUNDATION
Mental Health Education and Training Services

ADHD is...

- ✓ **An abbreviation** for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ **A common disorder** that can impact focus, impulse control and emotional responses.
- ✓ **Often diagnosed in childhood** but sometimes not until the teen years or later.

ADHD is *not*...

- ✗ **All about hyperactivity.** Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ **A problem with laziness.** ADHD is caused by differences in brain anatomy and wiring.
- ✗ **Something most kids totally outgrow.** Many kids diagnosed with ADHD have symptoms that persist in adulthood.

Kids with ADHD may have trouble with...

- Getting and staying organized
- Managing emotions
- Following directions
- Managing time
- Shifting focus from one thing to another
- Focusing on what's important
- Getting started on tasks
- Thinking before saying or doing things
- Keeping things in mind (working memory)

Ways to help kids with ADHD

Behaviour therapy can help kids get organised and replace negative behaviours with positive ones.

ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.

Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

For more information and support around ADHD, visit **www.adhdfoundation.org.uk**

Success stories

Emma Watson,
Award-winning actress and activist

Heston Blumenthal OBE,
Three Michelin stars celebrity chef

Simone Biles,
Olympic Gold gymnast

Zayn Malik,
Award-winning singer and songwriter

Free Training Available

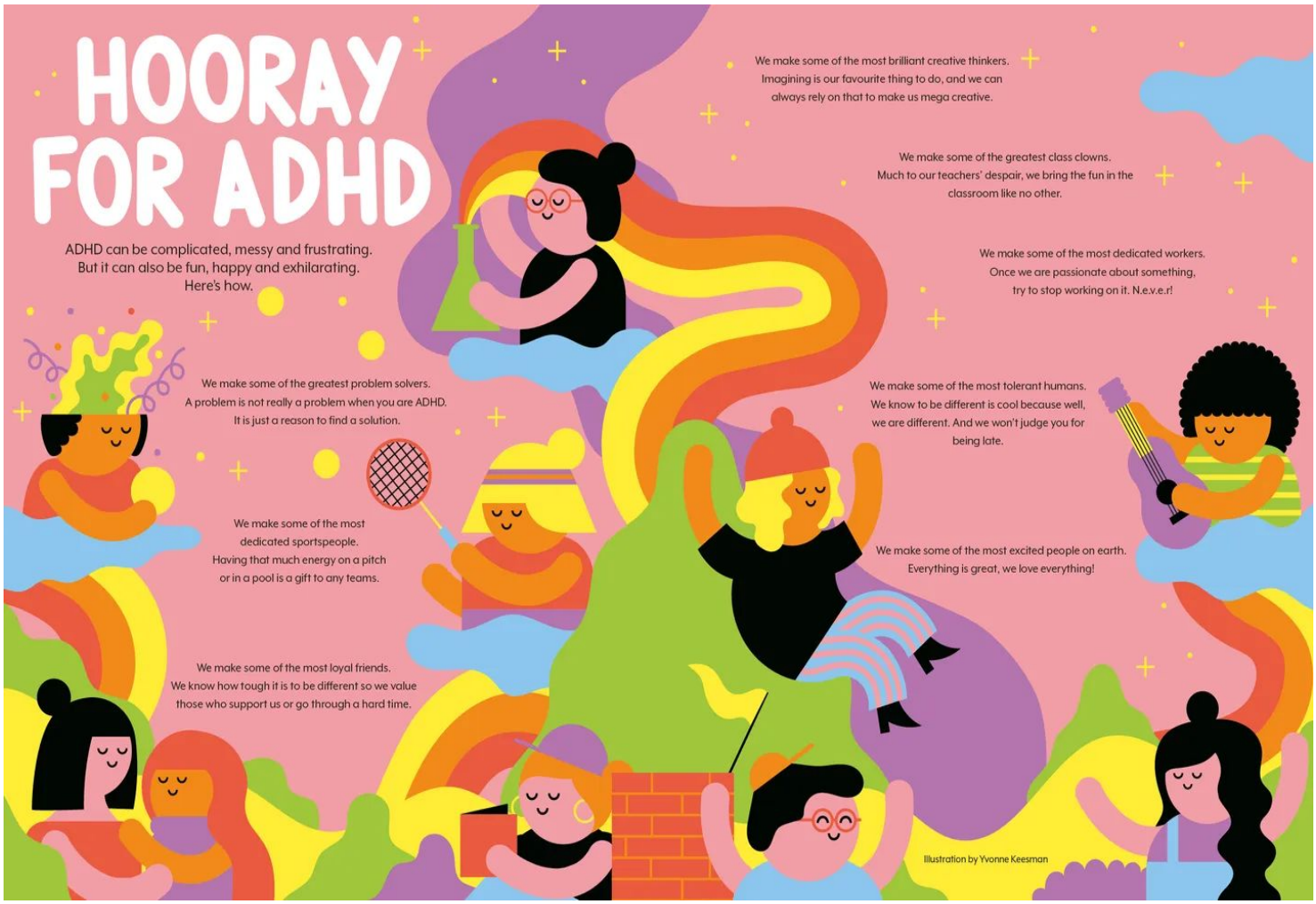
https://www.futurelearn.com/courses/understanding-adhd

http://www.adhdcontinuum.com/free-adhd-online-courses/#.Xm-ZMqj7RPZ

Helpful websites

https://www.adhdfoundation.org.uk/information/parents/

General Info on ADHD - http://www.adders.org/info170.htm

Self esteem - http://www.adders.org/info79.htm

Managing ADHD - http://www.adders.org/info58.htm