

# SEND Newsletter

Welcome to our first autumn newsletter which is dedicated to special educational needs and disabilities. We hope you find this useful, if you have any suggestions of what you would like in future newsletters, please let Mrs Kane know.

At Burradon Community Primary School, we are proud of our 'open door' policy, so please do not hesitate to get in touch, if you have any concerns, queries or require further support from our team. You can make an appointment with the class teacher by phoning the school office or emailing the school. Our SEND Governor is Mrs Watts. For further information, please visit our dedicated SEND page on our school website where you will find the Local Offer, external links for charities or support websites.



## Spotlight on ADHD

October is ADHD Awareness month. ADHD means Attention Deficit Hyperactivity Disorder. This is a neurodevelopmental condition which causes higher levels of impulsiveness, hyperactive and inattentive behaviours. It simply means that their brain works a little differently! If someone has ADHD they can't pay attention, being still and thinking before they do something trickier. Some people say it is like having a Ferrari engine with bicycle brakes in a car! ADHD can be challenging to diagnose when a child is young as it can be suggested the behaviours are developmental within their learning and age.

Those with ADHD have many fantastic qualities to demonstrate, which could include creativity, energetic, problem solvers, bravery, imaginative and being helpful! Emma Watson, Albert Einstein and Jamie Oliver are well known individuals who have or had ADHD.

Here are some ways to support a child with ADHD.

- \*Keep instructions shortened or broken up so less to remember.
- \*Say their name to gain attention – this could be several times.
- \*A clear routine is very supportive.
- \*Give advance warnings if something is about to finish or change.
- \*Provide 2 options. E.g. Would you like to put your coat on now or outside?
- \*Praising your child's effort. E.g. Washing up, completing piece of homework or tidying toys.
- \*Use of visual aids can support. This can include images or photos for a checklist for example.