

# REMAT SEND Monthly Newsletter

January 2024



*At the Rainbow Education Multi Academy Trust every child matters. We have worked together to ensure our schools meet the needs of all of our pupils and that all children reach their full potential.*

## What is ADHD?

- ADHD is a neurological condition that affects people's behaviour. Here is short video about what is ADHD [What is ADHD](#)
- ADHD means difficulties with hyperactivity, impulsivity and attention.
- Children and young people with ADHD or other neurological conditions can be called 'neurodiverse' and children and young people without neurological conditions can be called 'neurotypical'.
- Typically, children and young people with ADHD may struggle with some or all of the following: following impulses, concentration, organisation, paying attention, managing emotions, sensory sensitivities and they may often seem restless.
- It is very common that children and young people with ADHD will have difficulties with executive function (target setting, prioritising, self-monitoring, time management, working memory, perseverance)
- Typically, 1 in 20 children has ADHD. It is typically genetic in origin and can be affected by the environment.

Click on the image below to read more information on ADHD through the ADHD Foundation



## How do we support ADHD in school?

- Brain breaks
- Checklists to help with organisation
- Sensory circuits
- Calm spaces
- Visual timetables
- Fiddle toys
- Reward time
- Wobble cushions
- Standing desks
- Resistance bands

## How can you support at home?

- A good breakfast (include protein)
- Regular, balanced meals
- Exercise
- Good sleep routines
- Calm times and stories

## ADHD Signs and Symptoms in Children



Forgetfulness



Carelessness



Risky behavior



Difficulties sitting still



Trouble getting along



Daydreaming



Excessive talking



Disorganization

*If you have any concerns or questions regarding ADHD, you can make an appointment to speak with your child's class teacher or the school SENDCo, Mrs Kinnear.*

## Monthly SEND Newsletters 2024

| Month    | Topic                                | Month | Topic         |
|----------|--------------------------------------|-------|---------------|
| January  | ADHD                                 | May   | Dyslexia      |
| February | Consistency, boundaries and routines | June  | Mental health |
| March    | Positive relationships               | July  | Transition    |
| April    | Moderate Learning difficulties       |       |               |