

# REMAT SEND Monthly Newsletter

January 2025



Welcome to the latest Rainbow Education Multi Academy Trust SEND newsletter 2024/2025.  
*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?

- Attention Deficit Hyperactivity Disorder (ADHD) is a recognised medical condition that affects around 3-5% of children and 2% of adults. One of the most common neurodevelopmental conditions in childhood, it is described by the NHS as: "A condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse".
- 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)

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



# Symptoms of ADHD



Forgetfulness



Risk Behavior



Carelessness



Trouble Getting Along



Excessive Talking



Daydreaming



Disorganization



Difficulty Sitting Still

*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. Prior to a referral, staff will monitor your child for a period of time to gather evidence to support a referral.*

## How do we support ADHD in school?

- Brain breaks
- Checklists to help with organisation
- Sensory circuits
- Calm spaces
- Visual timetables
- Fiddle toys
- Reward time

## How can you support at home?

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

## Monthly SEND Newsletters 2022/2023

<u>Month</u>	<u>Topic</u>
February	Consistency, boundaries and routine
March	Positive Relationships
April	Moderate Learning Difficulties
May	Dyslexia

