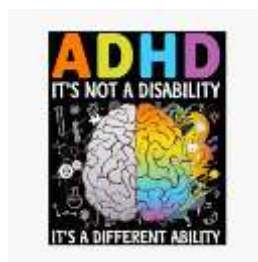


4th October 2023

Dear Parents and Carers,

ADHD Awareness Month



October is ADHD awareness month and with the increase in diagnosis of ADHD and ADD we felt this was the perfect time to send out some information to you.

ADHD stands for **attention deficit hyperactivity disorder**. It is a medical condition. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect a child at school, at home, and in friendships.



Summit Way, Southgate, London, N14 7NP • Tel: 020 8361 1881 • Fax: 020 3434 0334
E-mail: office@ashmoleprimary.org • Website: www.ashmoleprimary.org

Ashmole Trust Registered in England & Wales. Registered address: Cecil Road, Southgate, London N14 5RJ. Company Reg. No. 07375627





In school we support pupils both diagnosed and undiagnosed with ADHD by:

- **Talking to parents**
- **Assigning work that suits the pupils learning style**
- **Offering choices**
- **Providing visual reminders**
- **Making lessons more active**
- **Establishing rules and routines**
- **Making learning accommodations**-Extended time on tests/ Shortened assignments
- **Reducing distractions**
- **Allowing for movement**
- **Positive behaviour management and emotion coaching**

We have found that Sensory Integration has a big impact on children who are neurodiverse and would like to ask you as a community to support pupils with these needs by helping us to create classroom sensory boxes filled with fidget toys and sensory resources. If you would like to donate, please put your contributions into the box at the main office. Amazon are great for resources, and Smyths Toys have a fantastic sensory section too.

<https://www.amazon.co.uk/sensory-toys/s?k=sensory+toys>

<https://www.smythstoys.com/uk/en-gb/search/?text=fidget>

Thank you in advance for your generosity.

Yours faithfully

Angharad Toal
Assistant Head and SENCo



Summit Way, Southgate, London, N14 7NP • Tel: 020 8361 1881 • Fax: 020 3434 0334
E-mail: office@ashmoleprimary.org • Website: www.ashmoleprimary.org

Ashmole Trust Registered in England & Wales. Registered address: Cecil Road, Southgate, London N14 5RL. Company Reg. No. 07375627

