

ADHD

SEND Coffee Morning – Wednesday 26th February 2025

What is ADHD?

ADHD

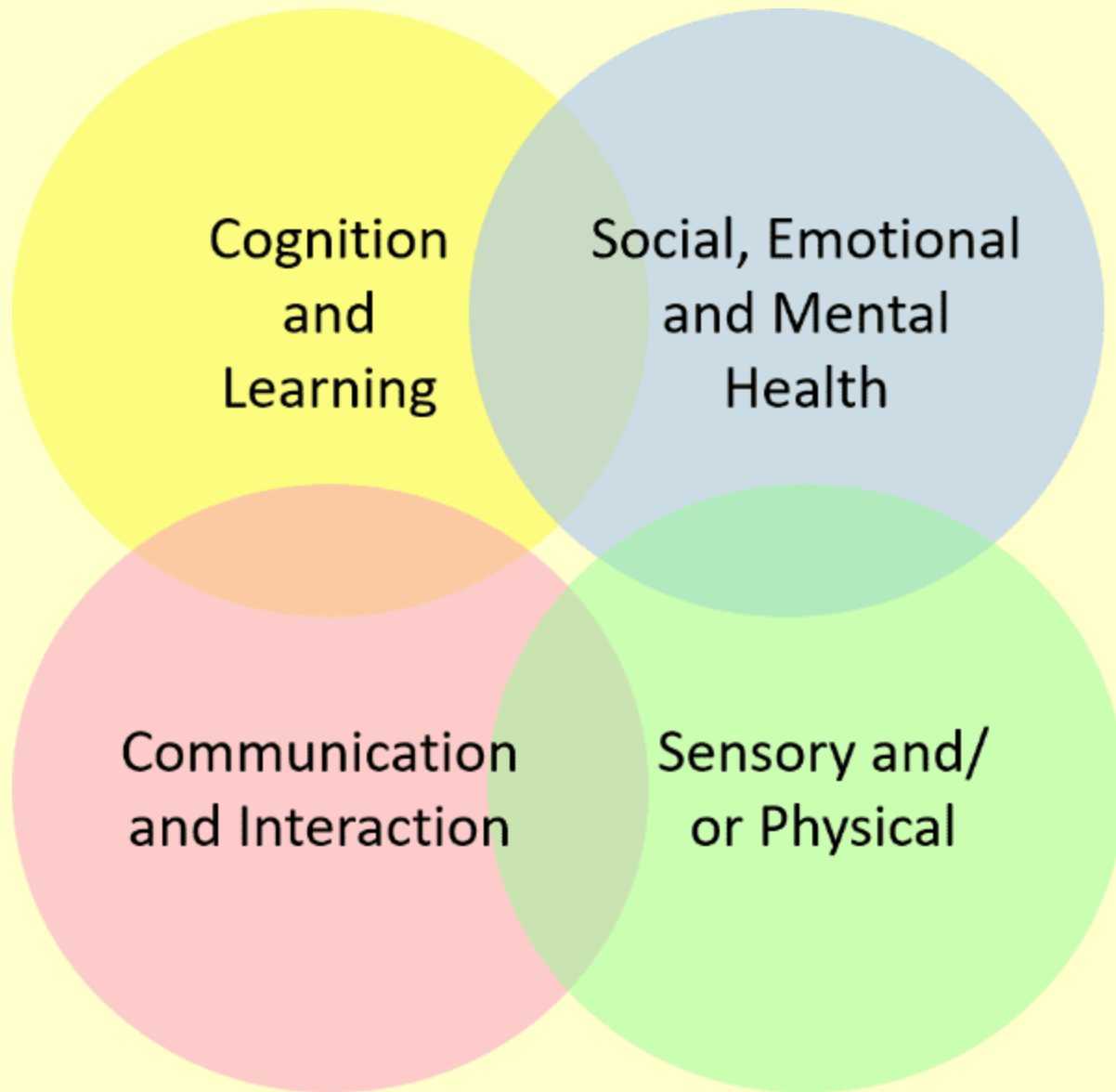


What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school.

(NHS, 2024)



ADHD comes under the broad area of SEND – Social, emotional and mental health.

ADHD is usually broken down into...

- **Attention-deficit/hyperactivity disorder (ADHD)** is broken down into behaviours including inattention, hyperactivity, and impulsivity. The 3 types of ADHD are predominantly inattentive, predominantly hyperactive/impulsive, and combined. Diagnosis is made by clinical criteria.
- Impulsive behaviours — behaving without thinking. People with ADHD tend to react first and then think afterwards.
- Hyperactivity — how you pay attention, finding it challenging to sit still, difficulty controlling behaviour.
- Inattentive behaviours - Difficulty concentrating and focusing on tasks. Challenges with staying organized. Few or no symptoms of hyperactivity.

ADHD brains can affect

- Behaviour and concentration
- Organisation skills
- Listening and following instructions
- Becoming easily distracted
- Speaking or acting without thinking (impulsivity)
- Appear always on the go, fidgeting, rocking on chairs

Parents of children with ADHD

- Looking after a child with ADHD can be challenging, but it's important to remember that they cannot help their behaviour.
- Some day-to-day activities might be more difficult for you and your child, including:
 - getting your child to sleep at night
 - getting ready for school on time
 - listening to and carrying out instructions
 - being organised
 - social occasions
 - Shopping

What is the referral process

- If you have a concern, contact your child's class teacher and/or SENDCO.
- Explore the GP options of referrals – Right to Choose route, NHS community paediatricians
- Referral form can be completed
- Referral is then sent to NHS
- Waiting time is 2+ years!
- Once submitted, your referral will go through a triage process to check whether a full assessment is needed or whether patients can go direct to treatment
- Assessments include additional questionnaire and appointment to see specialist
- Diagnosis may be made and medication can be prescribed where appropriate.

How we support ADHD at school








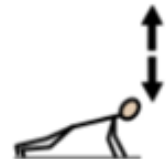








Social, Emotional and Mental Health

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| <h2>Social, Emotional and Mental Health</h2> | <ul style="list-style-type: none"> • Consistent, positive behaviour policy to encourage good behaviour • Whole school rules, rewards and consequences • Clear consistent whole school expectation and aspirations • Whole-school approach of Wellbeing Wednesdays and access to calm corners • Feelings flower in classrooms • Movement/brain breaks • Social and emotional aspects of learning during PSHE lessons • Whole school policies: Behaviour, Anti Bullying, Child Protection, e-safety • Learning style awareness and multi-sensory approach - visual, auditory, kinaesthetic. Concrete, Pictorial, Abstract (CPA) in maths | <ul style="list-style-type: none"> • Individual reward charts • Individual work station • Individual feelings thermometer • Individual behaviour charts • Pupil one-page profiles • Individual Provision Maps (IPMs) with SMART targets that are reviewed termly and shared with parents • Equipment/resources to support specific needs e.g. ADHD; fidget toys, wobble cushions/chairs | <ul style="list-style-type: none"> • Behaviour plans • Educational Psychologist - assessment, advice and recommendations • Child and Adolescent Mental Health Services (CAMHS) - assessment, advice and recommendations • PRU support where necessary • Pastoral support programme • 1:1 support • Alternative/differentiated curriculum |
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Sensory Circuits Pick and Mix

Choose an activity from each section to make your own Sensory Circuits course.

Choose Alerting Activity		Choose Organising Activity		Choose Calming Activity	
 <p>Bounce on a ball</p>	 <p>Dance</p>	 <p>Balance or walk along a line</p>	 <p>Throw and catch a ball or throw at a target</p>	 <p>Squeeze or hug a pillow</p>	 <p>Wall press</p>
 <p>Jump up and down 10 times</p>	 <p>Jumping Jacks</p>	 <p>Army crawl or crawl through a tunnel</p>	 <p>Simon Says</p>	 <p>Press ups</p>	 <p>Curl up into a ball</p>
 <p>Run or jog</p>	 <p>Skipping</p>	 <p>Step up and down</p>	 <p>Hopscotch or balance on one leg</p>	 <p>Stargazing</p>	 <p>Plank</p>

Red Hill C of E Primary School - SEND