

Friday 3rd May 2024

ADHD Support (Nottinghamshire)

The **Neurodevelopmental Support Team** offers two ADHD courses for parents of a child/children with an ADHD diagnosis or those with ADHD type behaviours without diagnosis.

Option 1: The New Forest Parenting Programme

- Six face to face group sessions for children aged 3 to 11 years.
- Learn about the symptoms and signs of ADHD, the ways it may affect your child's behaviour and your relationship with them.
- You can also learn strategies for managing your child's behaviour and attention difficulties.

Option 2: The ADHD Workshop

- Four online or face to face sessions for children aged 3 to 18 years.
- Provides practical support and reassurance and helps understand local support services.
- Subjects covered: understanding of ADHD characteristics and brain development; managing behaviour, routines, 'meltdowns' and reinforcing positive behaviours; supporting young people; girls and ADHD; access to services and support; sensory; sleep and managing emotions.

There is no referral needed to book yourself on one of the above courses. Use the link below and complete the online form. Please note you will need to be registered with a Nottinghamshire GP.

<http://bit.ly/NST-opt-in>

Spotlight on: ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that is defined through persistent patterns of behaviour which may include inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development. Many children go through phases where they're restless or inattentive. This is often completely normal and does not necessarily mean they have ADHD. For people who do experience persistent difficulties, it is important to seek a clinical review. ADHD UK has lots of useful information:

<https://adhduk.co.uk>



For those registered with a **Nottingham City GP**, support can be accessed via the **Behaviour and Emotional Health Team (BEH Team)**.

https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id= Z3XK- tK_0



Miss Shaw
SENCO
Special Educational Needs and
Disabilities Coordinator

Recommended Listening

Podcasts are a fantastic way to gain more information and to pick up tips and advice. If you have any particular recommendations, please let us know so we are able to share these.



SEND Parenting Podcast

<https://sendparenting.com/episodes>

Dr Olivia Kessel interviews experts and parents/carers to understand how to navigate life with neurodiversity.

SEND Talk (SENDIASS Manchester)

<https://www.iasmanchester.org/podcasts>

Simple and easy to understand advice for parents and carers of children with SEND.



Transitions

Transitions, whether they are between year groups, key stages or schools, can be a stressful time for children as they get used to new routines, new adults, new friends and new surroundings.

This is the case for all children and for children with special educational needs the changes can be even more unsettling.

As a parent or carer you can help. Having conversations with your child and finding out how they feel about the transition is a great way to start. Ask them:

- what they are looking forward to,
- what they will miss about their old school or class,
- what they enjoy doing and what they find difficult.

These are all ways of helping your child get ready and make the best possible transition.

In school, for some children with SEND, we will create booklets for them to take home and arrange visits to their new class and teacher.

For identified Y6 pupils with SEND, we will be liaising with their secondary school and children are likely to have additional visits to support transition.

Review Meetings

During the Pentecost term, where possible, annual review meetings will be held with your child's current and new class teacher to support with their transition to a new year group. Miss Shaw will attend any meetings for pupils with an EHCP.

Miss Shaw has an appointment system which is available to book via the office, preferably by email or Arbor message. These will be available most weeks at 3pm on Thursday and 9am on Friday. Please contact the office if you would like a meeting including if you are unable to attend an appointment during these times.

Previous newsletters can be found on the SEND page of the Good Shepherd website, along with the SEN information report, SEND policy and the link to the Local Offer:

<https://www.goodshepherd.notts.sch.uk/information/send>

If you have any concerns about your child or feel they may have any additional needs, please contact your child's class teacher in the first instance.