

## Supporting Children with ADHD

At Whitby Heath Primary School we ensure staff have the knowledge and understanding to support children in school who present with ADHD.

In school, staff use the following strategies to support:

- The use of visuals to aid routine and predictability
- Positive communication channels between home and school.
- Set clear behavioural expectations using simple, realistic clearly stated rules and model these.
- Encourage a calm and quiet environment
- Carefully seat pupil where progress can be monitored unobtrusively, and intervention can happen quickly and with regard to self esteem
- Minimise distractions
- Ensure clarity and precision of learning tasks - reduce complexity and ambiguity, use obvious sequence and structure
- Make organisational structures, rules and routines simple and easy to follow and recall have carefully structured routines that aid independence
- Praise social achievements alongside academic achievement for all pupils, as well as praising positive behaviour
- Give frequent and prompt feedback to pupils
- Use structured teaching approaches and model problem solving

How can we help at school?

For some children with ADHD they will discuss medication as part of appointments with the Community Paediatrician. Whitby Heath Primary will support the administration of this as needed (in line with our administering medications policy) and will provide regular updates to parents about the impact of medication on children.

If you have concerns around your child having traits attention, impulsivity and hyperactivity, firstly speak with your child's class teacher. Your class teacher will talk to the SENCO who will identify if there is a need to refer to community paediatrician. This will involve parents/carers, teachers and the SENCO completing some paperwork. If accepted, the paediatrician will arrange an appointment to meet with parents/carers and your child, and may investigate the possibility of ADHD. There can be a waiting time for appointment. After an assessment period, your child may be given a diagnosis of ADHD or other needs and further advice will be given which can also include recommending parenting courses and workshops to develop strategies to support at home.

Some helpful websites are:

<https://www.adhdfoundation.org.uk/>

<https://www.pcfcheshirewest.org/>