



The Cathedral School

SEND Newsletter

Issue: 1

Autumn Term 2019

Welcome to the first issue of The Cathedral School SEND Newsletter. This newsletter will be sent to all parents as hopefully some information will be useful to you even if your child is not on the school SEND Register. If you have any suggestions of what you would like in future SEND Newsletters then please let Mrs Truelove know.

Meet our SENDCo

Our Special Educational Needs and Disabilities Co-ordinator (SENDCo) is Mrs Truelove. She is usually in school on Tuesdays, Wednesdays and Thursdays. If you have a SEN concern about your child then please do not hesitate to contact Mrs Truelove. She can be contacted either via the school office or by email at truelove@cathedralschool.essex.sch.uk



SEND Coffee Morning

In the Spring Term, we will be hosting a SEND Coffee Morning (or afternoon) – date and time to be confirmed. Everyone will be welcome to attend. If there are any topics you would like to be discussed at the SEN Coffee Morning then please let Mrs Truelove know your suggestions.



WANTED!

The SEND Team are trying to create a resource bank of small figures to use during a series of interventions. So, if you are having a clear out before Christmas, then please send any unwanted small character figures to school for the attention of Mrs Truelove. Many thanks.



SEND Glossary

We know that sometimes schools and other professionals can use terms or phrases that not everyone is aware of. This SEND Glossary feature will hopefully help to understand some of the terms used.

ADHD: Attention Deficit Hyperactivity Disorder

ASD: Autistic Spectrum Disorder

EHCP: Education, Health Care Plan

ODD: Oppositional Defiant Disorder

Spotlight on ADHD



What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a group of behavioural systems that include inattention, hyperactivity and impulsiveness. Boys are more commonly diagnosed than girls, possibly because they tend to present with more noticeable hyperactive or impulsive type behaviours, whereas girls tend to present as inattentive.

The most common time for diagnosis is between 6 to 12 years old.

What causes ADHD?

There is growing evidence of a genetic link, with research suggesting that a child diagnosed with ADHD is around four times more likely to have a relative with ADHD. ADHD affects brain function and chemicals within the brain.

Strengths

Individuals with ADHD are often energetic, enthusiastic and happy to take risks. They often show curiosity, spontaneity and 'think outside the box'. As Einstein once said, 'Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.'

Treatment

There are drug treatments available but psychological, behavioural and educational advice should also be sought.

Use support strategies

- Consistency, structure and routine
- Positive reinforcement
- Visual timetables
- Movement breaks
- Visual timers
- Follow a difficult task with a preferred task
- Tactical ignoring
- Headphones or screen
- Stress or fiddle toys
- Multi-sensory approaches.

Information adapted from the article 'ADHD – from understanding to support'. NASEN July 2016.

https://www.researchgate.net/publication/317617185_ADHD-From_Understanding_to_Support_Special_NASEN