

13th July 2026

Concentration Aids

Dear parents and guardians,

Over the past few years, we have seen an increase in the amount of fidget toys that are being brought into school. For several reasons, these can be beneficial and help many of our learners across the school to concentrate and stay regulated within the classroom environment. However, there are cases where children see these items as 'toys' and they therefore do not serve the purpose they were designed for.

Primarily, fidget toys are designed to help children receive sensory feedback to support their nervous system and are commonly used to support pupils with Autism, ADHD, Sensory Processing Disorders and anxiety. We recognise that within the classroom, lots of children may be sensory seeking and this can have an impact on their behaviour and their ability to focus and stay on task within a lesson. At Castle Hill, we have several children within a class who may require an aid to support them.

<u>Sensory system:</u>	<u>Definition:</u>
Proprioceptive/deep pressure	Those that need receptive force through chewing, squeezing or deep pressure movements.
Tactile seekers	Those needing to pick, scratch or touch.
Fine motor and kinesthetics	Those that need fluid movements
Vestibular	Those that need support on balance and movement. Spatial awareness.
Multi-sensory engagement	Those that need physical and auditory cues.
Auditory	Those who need a quieter or louder learning environment.
Interoceptive	Internal body cues. Those that communicate their body feelings before being able to 'settle'.

Unfortunately, we have noticed that children are bringing things in from home and the items are being misused. Moving forward, we are going to be moving away from 'fidget toys' to 'concentration aids' as we feel this title identifies the objects' purpose and helps the child recognise it's benefits.

These aids will be given to children by the SENDco, who will work with the teaching and pastoral team to decide the best resources for their sensory needs. Any object will therefore be provided by the school and must stay on site. Alongside this, there is the recommendation that the children understand the rules for use of these aids. Concentration aids will be reviewed by the SEND team throughout the year to ensure they are still fit for purpose.

- I will use my concentration aid within the learning environment to help me stay on task
- I will keep my concentration aid in my hand, pocket or on my table
- My concentration aid is for my use only
- I will keep my concentration aid at school
- My concentration aid must not distract other's learning through noise or play.

How do I know if the concentration aid is the right tool for you and is helping you in the classroom?	
It is helping you to focus on or participate in an activity or lesson input It is shifting your energy in a helpful way It is helping you process information and understand It is helping you to pay attention It is helping you to complete an activity/task	All your attention is focused on the fidget By using it, your energy is mismatched and you are not engaged within the learning or task You are distracting others You are not using it You feel like it's not helping
Continue using the concentration aid	Review the sensory audit and try something new

If you feel your child would benefit from one of these aids, please speak to your child's current class teacher, who will complete a sensory audit to help determine the correct route.

We thank you for your ongoing support.

The SEND Team,

Miss Mould (Greenbank SENDco) and Mrs Cook (Rooksdown SENDco)