

# Spotlight on SEND

October 2025

Issue 1

## October is ADHD Awareness Month

As an inclusive school we strive to ensure that children with attention needs are well supported within our school community. Our whole staff received recent training with the Education Psychology Service (EPS) to enhance our provision. It was a great opportunity to consider practical strategies to support learners in the classroom.



NATIONAL  
**ADHD** AWARENESS  
MONTH  
OCTOBER

### What is ADHD?

Attention Deficit Hyperactivity Disorder is a neurodevelopmental condition. It can be split into 3 main presentations: hyperactivity-impulsive, inattentive type, combined type. ADHD is a Special Educational Need (SEN). Symptoms usually start before the age of 12 and involve a person's ability to pay attention to things (being inattentive), having high energy levels (being hyperactive) and their ability to control impulses (being impulsive). We provide support to ensure that your child can thrive in their learning and social life, this support is based on needs and not a diagnosis.

### What do we do at Coughton to support children with attention needs?

- Provide consistent, predictable routines
- Sensory Circuits
- Clear visual cues and supports such as Now and Next boards
- Movement breaks and flexible seating
- Extra warnings before transitions
- Limiting visual distractions
- Divide work into smaller chunks
- Balance tasks with active learning
- Utilise games that require children to follow directions
- Recognise strengths and build a sensitive awareness of difficulties
- Seek role models
- Praise the positive
- Emotion coaching
- Use timers to support time blindness
- Support with friendships



We have shared this clip in classrooms as a great way of explaining ADHD, you might like to take a look:

<https://youtu.be/YeamHE6Kank?si=AmezNqUTdrLcg5>

## What to do if you think your child might have ADHD

If you think your child may have ADHD, make an appointment with their GP. The GP can refer them for an assessment. ADHD can only be assessed and diagnosed by a specialist such as a paediatrician or a child psychiatrist. These are doctors who specialise in children and young people's health.

Before the appointment, talk to their class teacher and the school SENCO (Mrs Blackwell). Explain that you're asking for an assessment. We will happily write a short paragraph for the GP summarising your child's behaviour and experiences at school, as well as any support they're getting. The GP will want to understand how things are affecting their learning, school and home life, relationships and mental health. Waiting lists for ADHD assessments can be long.

In England, NHS Right to Choose means that you can ask your GP to refer your child to an assessment service in a different part of the country. You do not have to be referred to the service that's nearest you. Ask your GP how long the wait time is in your area and whether you can be referred to another area with a shorter wait list.

## Where can you go for further support?

As well as speaking to your child's class teacher, the SENCO or your GP, there are also several organisations that can signpost further support for parents and carers:

Young Minds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

Anna Freud

<https://www.annafreud.org/resources/family-wellbeing/supporting-treatments/supporting-children-and-young-people-with-adhd/>

ADHD UK

<https://adhduk.co.uk/about-adhd/>

