

# SEND AT ST MARY'S JARROW

Wednesday 10<sup>th</sup> June 2026



WELCOME TO THE FIRST ADDITION OF OUR NEWSLETTER DEDICATED SPECIFICALLY TO SPECIAL EDUCATIONAL NEEDS AT ST. MARY'S JARROW. IF YOU HAVE ANY IDEAS ABOUT WHAT YOU WOULD LIKE TO SEE IN FUTURE NEWS LETTERS PLEASE LET US KNOW.

Our last SEND coffee morning was a great success. Natalie Padgett from the local Jarrow family hub attended to give us support and advice about activities in the local area to keep our children busy and occupied during the coming Summer holiday. Some activities that children can access free or for a reduced cost include Forest school at Boldon environmental centre, the Simonside climbing wall, relaxed cinema viewings and snacks at Cineworld in Boldon and learning through play adult and child sessions.

Please check out  
[@Southtynesidefamilyhubs](#)  
on Facebook for more information.

## Useful contacts:

- SEND local offer-  
<https://sendlocaloffer.southtyneside.gov.uk/>
- The Autism Hub-  
[autismhub@ttht.co.uk](mailto:autismhub@ttht.co.uk)
- Rainbow guide-  
<https://www.choicewellbeingservice.org/rainbowguide>
- Speech and language uk-  
<https://speechandlanguage.org.uk/>
- The Toby Henderson Trust-  
<https://www.ttht.co.uk/>

## SEND COFFEE MORNING

Our last SEND coffee morning of the term is organised for Wednesday 17<sup>th</sup> June at 9:00-9:30 am. The reason for this change from our normal Thursday morning is to accommodate a visit from The Toby Henderson Trust who will attend this session to give parents support and advice. As usual all are welcome.

The first SEND coffee morning of the Autumn term will take place on Thursday 24<sup>th</sup> September at 9-9:30 am. Please speak to Mrs.

Walker or Mrs. Parker regarding topics or visiting speakers or services that you would like to learn more about at our coffee morning discussions.

M Walker



## DATES FOR YOUR DIARY

- SEND plans will be reviewed in school on Thursday 2<sup>nd</sup> July. Please make an appointment in the school office or speak to Mrs. Walker or Mrs. Parker if you would prefer a telephone call.
- Transition day to KS3 for all schools Thursday 9<sup>th</sup> and Friday 10<sup>th</sup> July.

# SEND AT ST MARY'S JARROW



## SEND in focus

### Attention deficit hyperactivity disorder (ADHD)

#### What is ADHD?

- ADHD is a condition that effects people's behaviour. People with ADHD may seem restless, have trouble concentrating and may act on impulse.
- Symptoms of ADHD tend to be recognised at an early age and most cases are diagnosed before 12 years old, but diagnosis may be much later in childhood or even adulthood.
- The symptoms of ADHD tend to improve with age but many adults who were diagnosed as children can continue to have problems such as anxiety or difficulties with sleep.

#### What causes ADHD?

- There is no one cause of ADHD. It is considered to be the result of an often-complex interplay between genetic and environmental factors.

#### Symptoms:

The symptoms of ADHD can be categorised into 2 types of behavioural problems-

- Inattentiveness eg. difficulty in concentration and focussing.
- hyperactivity and difficulties controlling impulses.

Many people with ADHD have problems that fall into both these categories, but this is not always the case.

#### Diagnosis and treatment:

Treatment for ADHD can relieve the symptoms and make the condition much less of a problem on a day-to-day basis. It can be treated using medicine or therapy but a combination of both is often most successful.

If you think that your child may have attention deficit hyperactivity disorder (ADHD) please speak to your GP. You can also speak to your child's teacher or the school SENCO Mrs. Walker.

**Further information about supporting people with ADHD can be found at:**

[Attention deficit hyperactivity disorder\(ADHD\)-Living with-NHS](#)

Please see the attached information for a support group held at Epinau school in South Shields if you would like more advice supporting your child or think that they may display ADHD traits. Your child does not need to have a diagnosis for you to attend and parents from our community have shared very positive responses about this service.

*Thank you!*



# SOUTH TYNESIDE ADHD SUPPORT GROUP

Are you a parent or carer of a child with ADHD and would like support and advice? We meet fortnightly on Tuesdays between 4:30-5:45 pm at Epinay school.

We have a free kids club for children aged 4 (in Reception class)-16 years, including siblings.

We also organise monthly family activities.

Epinay School, Nevinson Avenue, South Shields NE348BT

## *How do I attend?*

Contact Jean on 07804 495 406 or E-mail:  
stadhdgroup@yahoo.com