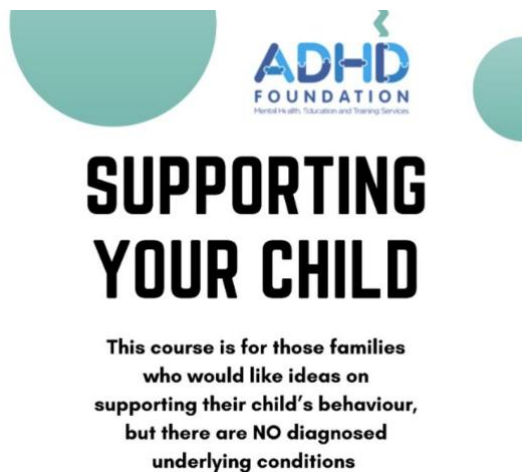


Whitefield Primary School The 6 ADHD Friendly School Pledges

1. **We pledge to work with the ADHD Foundation to provide an ADHD training session for our teachers and/ or parents (twilight sessions available in the North West of England only.)**

We have held a number of training sessions for staff and for parents over the last few years. Staff have attended the ADHD annual conference, and we invited our parents to attend funded by school.



We have also had sensory processing sessions, and our early years team are currently attending their second series of training so that all of our eys staff will be ADHD champions.



- 2) **We pledge to provide regular opportunities for all learners with ADHD to have access to physical activity and exercise during the school day.**

At Whitefield we are firmly committed to play and outdoor learning. All children access active outdoor play for half an hour each morning supported by their school staff, and then have a further half hour at lunch time. In early years and key stage 1 children access outdoor learning provision.



Our neurodiverse children can access sensory physical breaks as they need them, staff have been trained to understand what these look like and how they help. We use the Zones of Regulation in all classes to teach children to understand what they are feeling and to understand what strategies support them to move between zones, so they are taught that physical exercise is a helpful strategy.

Identified children have individualised timetables with specific physical breaks built in, or are supported by staff who are adept at noticing when breaks are needed and accessing them before children become dysregulated.

3) We pledge to provide opportunities for all learners with ADHD to learn self calming strategies, for example, belly breathing ,progressive muscle relaxation or mindfulness.

Again linked to our use of the Zones of Regulation our whole school are taught how to regulate themselves through a range of strategies. These are taught explicitly withing the curriculum and refreshed often, staff use the language of self-regulation when supporting children and signpost them to strategies. As part of the Attachment and Trauma Sensitive Award all staff have received training around this and our Mental Health Lead has completed advanced mindfulness training.



4) We pledge to provide tactile resources in every classroom.

Every class has a box of fidget toys etc. These are again taught about as part of the work around the Zones of Regulation and are accessible to all. We also created tactile corridors, and followed foundation advice with Velcro on the underneath of tables



For identified learners we have individualised comfort boxes and staff co-regulate to support them to access class teaching, for example by using the take ten app, comfort corners or quiet spaces, and multi-sensory activities. Soft landings are offered at the start of the school day and after lunch.



5) We pledge to produce a display for the whole school and hold one assembly to celebrate the achievements of people living with ADHD.

Every year we celebrate Neurodiversity week and celebrate with the whole school the challenges and achievements of our neurodiverse community.

We use the No Outsiders curriculum to teach children that we are all different and all valued, and this contains a focus on neurodiversity and ADHD

We joined in with the Foundations umbrella display and had our own in school to celebrate.



6) We pledge to set up a Parent/Carer's ADHD Support Group.

Before lockdown we ran a parent drop in/support for children with special educational needs, we invited different organisations to support and tailored sessions to support specific needs. The foundation delivered training at one such session.

Over lockdown we have created a group of parents who have been supported by our

Foundation practitioner and/or by Autism Initiatives (OSSME) to find strategies for their ADHD or ASD children. We have shared the training opportunities from ADHD foundation and Witherslack group via this platform and had parents report that they have been very supportive for their children.

WHITEFIELD PRIMARY SCHOOL

	<i>Inclusion Drop in Cuppa & chat....</i>
Drop in for a cuppa and to meet other parents and carers. All parents are welcome	
NOVEMBER. 15TH, 2019 2:30-3:15	
	In the school library