Oxted School

OXTED NEWS - NEURODIVERSITY ADHD

Dear Parents and Carers

This year, our Inclusion theme at Oxted School is 'Creating a Community of Support.' We know that no single person has all the answers when supporting a young person with ADHD.

The most effective support happens when families, school staff, healthcare professionals and young people work together, sharing expertise, celebrating strengths and overcoming challenges as a team.

ADHD can affect how a young person learns, organises themselves, manages emotions and navigates daily life. Whilst this can create barriers, there are also many strengths associated with ADHD, including creativity, enthusiasm, resilience and innovative thinking.

As a community, our goal is not to 'fix' ADHD. Instead, we aim to understand it, provide appropriate support, and help young people develop the confidence, skills and self-awareness they need to thrive.

In this newsletter, you will find information about ADHD, practical strategies to support your child at home, and links to trusted organisations and resources. We hope these will help strengthen the partnership between home and school, ensuring that every young person feels understood, valued and supported.

Together, we can create a community where every child belongs, every family feels supported, and every young person has the opportunity to succeed.

Mrs P Waller
Assistant Principal

What is ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental difference that affects how the brain manages attention, activity levels and self-regulation.

ADHD is not caused by poor parenting, a lack of effort, or bad behaviour. Children and young people with ADHD often want to do well but may find some tasks and situations more challenging than their peers.

Every child with ADHD is unique. Some may appear highly active and impulsive, whilst others may seem quiet, distracted or daydreamy.

What might my child find difficult?

Attention and Concentration

Your child may:

- Be easily distracted
- Find it difficult to focus for long periods
- Miss details or instructions
- Struggle to complete tasks

Organisation and Planning

Your child may:

- Forget equipment or homework
- Lose belongings
- Find it difficult to manage their time
- Become overwhelmed by large tasks

Working Memory

Your child may:

- Forget instructions
- Need information repeated
- Find multi-step tasks challenging

Impulsivity

Your child may:

- Act before thinking
- Call out answers
- Interrupt conversations
- Take risks without fully thinking them through

Emotional Regulation

Your child may:

- Become frustrated quickly
- Experience big emotions
- Find coping with setbacks difficult
- Be sensitive to criticism

ADHD Friendly Homework
Homework can be challenging for students with ADHD. You may find these strategies helpful:

- **Try the '10 Minute Start'** Getting started is often the hardest part. Encourage your child to work for just 10 minutes before deciding whether to continue
- **Create a Distraction-Free Space**
  - Remove unnecessary devices
  - Keep only the equipment needed
  - Consider background instrumental music if this helps concentration
- **Break Tasks into Chunks** Instead of: "Complete your science homework". Try:
  - Read question one
  - Answer question one
  - Five-minute break
  - Repeat

Creating a Community of Support
You are not alone. There are a growing number of organisations providing high-quality resources, training and practical advice for families supporting children and young people with ADHD.

This ADHD Awareness Month, we encourage families to explore the wealth of support available locally and nationally. Whether through podcasts, parent guides, workshops or online communities, no family should feel they are navigating ADHD alone.

At Oxted School, we are committed to working in partnership with families to create a supportive, understanding and inclusive community where every young person can thrive.

The SENDcast
The SENDcast continues to provide excellent SEND-related resources for families and professionals.

This month they are featuring specialist ADHD training opportunities, including:

- Supporting Pupils with ADHD in the Classroom
- Unleashing Every Student's Potential

They have also released a podcast episode: 'Hyperfocus: From Survival to Superpower'

Parents may find this a useful introduction to understanding the strengths and experiences of individuals with ADHD.

Witherslack Group
The Witherslack Group has released a comprehensive: 'Understanding ADHD Support Pack'

The pack includes practical strategies for:

- Supporting children at home
- Supporting young people in education
- Building independence
- Reducing anxiety
- Developing executive functioning skills

This resource is particularly useful for families seeking practical day-to-day advice.

ADHD UK
ADHD UK provides:

- Parent-friendly guides
- Myth-busting information
- Toolkits and resources
- Information about assessments and support pathways

ADHD Foundation
The ADHD Foundation offers:

- Practical advice
- Parent webinars
- Information sheets
- Resources to support understanding of ADHD

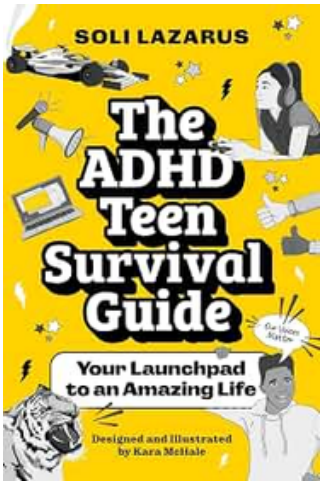
Surrey's_Local Offer has many resources to support children and young people with ADHD and their families. You can read more about about types of Special Educational Needs and Disabilities (SEND) and find ADHD specific support and events throughout the year.

Select the lin below to find out more -

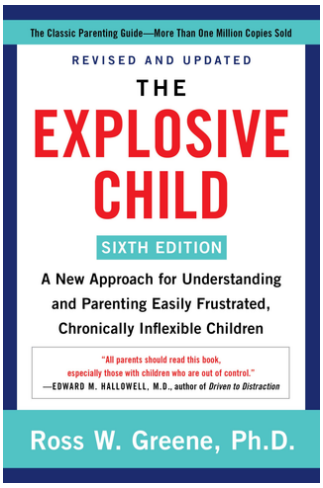
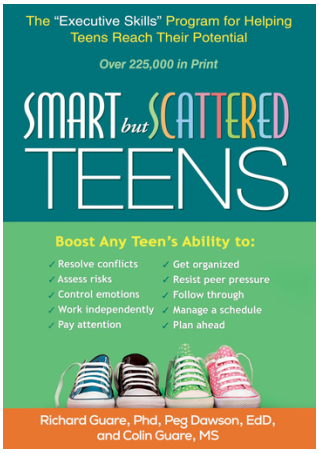
https://www.surreycc.gov.uk,-support-in-surrey

Recommended Reading for Parents

The ADHD Teen Survival Guide - Soli Lazarus



The Explosive Child - Ross Greene



Smart but Scattered Teens - Richard Guare, Peg Dawson & Colin Guare