

## **Attention Deficit Hyperactivity Disorder (ADHD) Identification Process and School Offer**

At St Mary of the Angels we recognise that Attention Deficit Hyperactivity Disorder (ADHD) is a condition that is defined through analysis of behaviours. Individuals with ADHD will each show their own combination of behaviours. These will be a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with their day-to-day functioning and/or development.

Symptoms tend to be noticed at an early age and may become more noticeable when a child's circumstances changes, such as when they start school. Most cases are diagnosed when children are 6 to 12 years old. The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience difficulties.

### **Symptoms of ADHD:**

The symptoms of ADHD in children and teenagers are well defined, and are usually noticeable before the age of 6. They occur in more than one situation, such as at home and at school. For individuals under the age of 16, they will show at least 6 symptoms in a category and present them consistently over a period of 6 months.

*These criteria are presented in shortened form and are for information only. Diagnosis can only be done by a medical professional.*

### **Inattentiveness**

- Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.
- Often has trouble holding attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).
- Often has trouble organising tasks and activities.
- Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time (such as schoolwork or homework).
- Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).

- Is often easily distracted.
- Is often forgetful in daily activities.

### **Hyperactivity & Impulsiveness**

- Often fidgets with or taps hands or feet, or squirms in seat.
- Often leaves seat in situations when remaining seated is expected.
- Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).
- Often unable to play or take part in leisure activities quietly.
- Is often “on the go” acting as if “driven by a motor”.
- Often talks excessively.
- Often blurts out an answer before a question has been completed.
- Often has trouble waiting their turn.
- Often interrupts or intrudes on others (e.g. butts into conversations or game)

These symptoms can cause significant difficulties in a child's life, such as underachievement at school, poor social interaction with other children and adults, and problems with discipline.

### **Identification and Support at St Mary of the Angels**

At St Mary of the Angels Catholic Primary School we ensure that we offer an ADHD friendly school environment and approach to learning. We believe in early intervention and identification of additional needs.

We work with parents of children who display signs of hyperactivity and lack of focus to put provision in place to remove barriers to learning and social interaction. In some cases where intervention has not successfully removed barriers and the child continues to struggle we progress on the ADHD pathway with CWAC multiagency services.

This is a referral made to the ADHD pathway in CWAC which may progress to involve further assessment by a specialist nurse or paediatrician. The referral will require evidence of what the school have already provided for the child both in school and at home. The process will ensure more specialist advice and support is given to the school and parents and may result in a more formal diagnosis if appropriate.

**Please see below the approaches and strategies we offer to children with ADHD at St Mary of the Angels Catholic Primary School**

	Communication & Interaction	Cognition & Learning	Physical / Sensory	Emotional Support
Visual approaches to learning	✓	✓		
Social Stories	✓			✓
Lego Therapy	✓	✓	✓	✓
Lunchtime Clubs/Support	✓		✓	✓
Nurture Groups	✓			✓
Enrichment Clubs	✓		✓	✓
Visual Timetables	✓	✓		
Clear, stepped instructions (verbal & visual)	✓	✓	✓	
First/Then Now/Next approach	✓	✓	✓	
Checklists / Success Criteria	✓	✓		
Alternative methods of recording		✓	✓	
Seating Plans		✓	✓	✓
Peer Support / Work Buddies	✓	✓		✓
Short Breaks / Sensory Breaks		✓	✓	✓
Sand Timers (show length of activity or need for focus)		✓		✓
Sensory Circuits		✓	✓	✓
Adult Check-Ins	✓	✓		✓
Sports Opportunities		✓	✓	✓
Memory & Concentration Interventions		✓		✓
Interest based tasks	✓	✓		✓
Sensory Aids / Baskets			✓	✓
Sensory Room Access			✓	✓
Reduced stimuli workspace		✓	✓	
Multisensory tasks		✓	✓	
ELSA support programme	✓			✓
Learning Mentor Consultations	✓			✓
CBT programme / activities				✓
Zones of Regulation Areas in each classroom				✓

**Useful Websites to refer to:**

NHS (ADHD): <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

ADHD Foundation: <https://www.adhdfoundation.org.uk/>

ADHD Foundation Activity Pack for Kids: [https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD\\_ChildrensBooklet\\_London.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD_ChildrensBooklet_London.pdf)

ADHD UK: <https://adhduk.co.uk/>

CHADD (American): <https://chadd.org/>

BBC Parent Toolkit:

[https://www.bbc.co.uk/bitesize/articles/zw28qyc?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=adhd](https://www.bbc.co.uk/bitesize/articles/zw28qyc?utm_source=google&utm_medium=cpc&utm_campaign=adhd)