



# The Parkland Federation

Aim High, Work Hard, Dream Big

## Inclusion Newsletter

Welcome to the final inclusion newsletter of 2022. It has been another busy term at Parkland Infant and Junior School! We would like to take this opportunity to wish you a very merry Christmas and a happy and healthy New Year,



### Support for Parents - CLASS +

CLASS+ works across East Sussex to support families/carers of Autistic children and young people. Their aim is to provide guidance and training that enables families/carers to build their understanding of the strengths and challenges faced by Autistic children and young people and to develop greater confidence in how to support them.

[Facebook](#) [More Information](#) Phone Number: 01273 336887

### Support for Parents - Open for Parents

Open for Parents is a [website](#) that offers advice and guidance on parenting in East Sussex.



### Parent Council

We will continue to run our Inclusion Parent Council next year. Our next meeting will be on Friday 24th February at 2:30pm. Please [click here](#) to confirm your attendance.



### Coffee Morning

Our next Inclusion Coffee Morning will be on Thursday 9th February at 9:15am. More details to follow!





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## Tips for supporting children at Christmas.



In the lead up to the Christmas festivities, we understand the importance of structure for our children and try our best to ensure that we keep a calm and nurturing environment for them.all. We have provided some ideas on how to manage the Christmas period below.

**Use a visual calendar** - This will support the children to see what is happening on different days, include 'down' days for them to just process the whole Christmas period.

**Calming time** - Try and give your child opportunities for calm time as often as possible to reduce sensory overload and stimulation.

**Routine** - Keep routine going as much as possible. Try and give children as much notice of change as possible to reduce anxiety.

**Visitors** - Consider how visitors could impact your child. Be realistic and allow them calm time in their room if needed.

**Make it your Christmas** - Don't worry if you do things differently! Don't compare yourself to others; make it the Christmas that you and your family want it to be.

**Have fun and make memories!**





## Attention Deficit Hyperactivity Disorder (ADHD)

### What is ADHD?

ADHD is a mental health condition that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development. This can include difficulty with following instructions, short attention span, energetic, interrupts others/enthusiasm to speak frequently as well as other pointers and signs.

### Diagnosis

Diagnosis can only be made by a medical professional. Medical professionals must be able to identify six or more symptoms of inattention and six or more symptoms of hyperactivity-impulsivity in children up to 16 years of age. NHS assessment is conducted by CAMHS (Child and Adolescent Mental Health Team) and the process is completed over a period of time and takes into account observations and reports from educational professionals.

### Provision and support

- Developing structure and stability
- Using visuals
- Colour coding information
- Fidget resources and learning breaks
- Short and clear instructions
- Gaining attention by using their name first

[ADHD UK](#)

[Local offer](#)

