

School presents a range of problems for those children with ADHD. As a parent you can work with your child together with their teacher to implement practical strategies for learning both inside and outside the classroom. With consistent support we at Charter are confident that your son or daughter can meet their learning challenges and experience success at school.

How YOU can help your child:

Support their organisation. Help your son or daughter to get organised on a daily basis, for example, by ensuring their school bag is ready the night before.

Support their homework. Often, students with ADHD need support to get their homework done on time. You can help by picking a specific time and place for homework that is as free as possible of clutter, pets, and television. Allow your child breaks as often as every ten to twenty minutes.

Encourage exercise and sleep. Physical activity improves concentration and promotes brain growth. Importantly for children with ADHD, it also leads to better sleep, which in turn can reduce the symptoms of ADHD.

Help your child eat right. Scheduling regular nutritious meals and snacks while cutting back on junk and sugary foods can help manage symptoms of ADHD.

At Charter we work hard to help your child succeed.

We recognise that students with ADHD may be so easily distracted by noises, passers-by, or their own thoughts that they often miss vital classroom information. These children have trouble staying focused on tasks that require sustained mental effort. They may seem to be listening, but something gets in the way of their ability to retain the information. So teachers try to ensure that the student is seated away from doors and windows. We use a system of 'no hands' questioning to reduce interruptions, shouting out and speaking out of turn. Follow up questioning is also used to help ensure that the student understands the directions given.

We also have a team of Learning Support Assistants who may, during lessons, write important information down so the student can easily read and refer to it. They also help in dividing complex, large assignments into a series of smaller, achievable tasks. They will also try to ensure your child has noted any homework or notes in their planner.

- The Learning Support Department can also provide Time Out cards, allowing a short period of reflection and / or calming down.
- We have a few fidget cubes to develop focus and to combat some aspects of hyperactivity.

And finally, **Take care of yourself so you're better able to care for your child.** Don't neglect your own needs. Try to eat right, exercise, get enough sleep, manage stress, and seek face-to-face support from family and friends.