



Kings Meadow SEND News



Spring 2 2025

Dates and Events

Sefton Parent Carers
Come and Chat with
Sam Gaden (ASD Team)

28/04/2025

9.30-11.30am

Linaker Family Wellbeing
Hub Southport

MYA RAISE Team
'Understanding and
Managing Anxiety' -
online training

09/04/2025 10am-11am

This course explores how you can help children and young people manage their anxiety, it provides tips and tricks on how to explore anxiety including signs and symptoms, with a focus on signposting to specific support services.

<https://www.liverpoolcamhs.com/events/understanding-and-managing-anxiety-2/>

'The Importance of Sleep' - online training
30/04/2025 12pm-1pm

This course delves deep into the science of sleep, the issues that can arise from sleep problems, why do young people have sleep issues and tips and tricks to help get a better night's sleep.

<https://www.liverpoolcamhs.com/events/the-importance-of-sleep-2/>



Welcome to Kings Meadow Primary SEND newsletter!



Miss Karen O'Brien
SENDCo/Deputy Headteacher

As Kings Meadow Primary School Special Educational Needs and Disability Coordinator (SENDCo), I am here to offer support and advice regarding additional needs or SEND support for your child.

As a school, we value the engagement of our parents, so please do not hesitate to get in touch via our School Office if you have any questions, or would like a paper version of this Newsletter.

Alternatively, you may find further information about our SEND provision on the school website:

<https://www.kingsmeadowprimary.co.uk/send-information/>

Spotlight on Support:

Team Around the School (TAS)



The Team Around the School (TAS) provides support and advice for you and your family around any of the worries you may have, e.g. family routines, parenting, money worries, managing behaviour, parental relationships, housing support, etc.

At Kings Meadow, Rachel Traynor (Social Worker) and Jenni Houghton (Early Help Worker), work in our TAS Team. If you would like to find out more, please scan the QR code above, or contact the school office for more information.

Sefton's Local Offer



The SEND Local Offer for Sefton provides local information for families with a child with a special educational need or disability. Within the online resource you can find useful links to support groups, activities, clubs, benefits, information, advice and guidance. There are lots to support parents and carers of a child with SEND. Do have a look at this link to see more information;

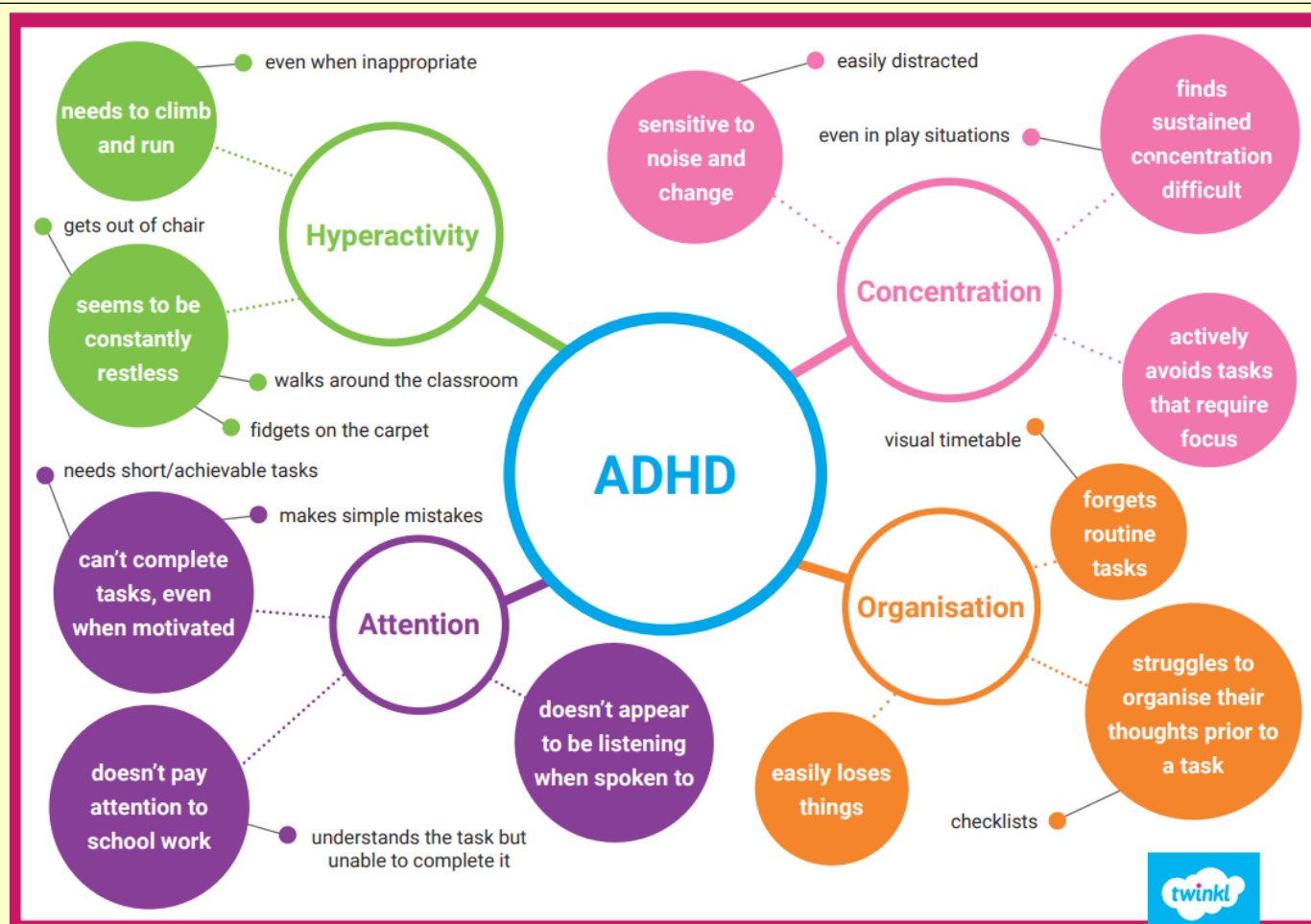
<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0>

SEND in Focus

This term's focus is ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

ADHD is a condition that makes it hard for a child to control their activity level and reactions to what is going on around him or her. A child with ADHD can also have trouble keeping their attention on what they want to do. The signs can vary depending on the child. There are 3 main types of ADHD:

- **Inattentive ADHD** - difficulty concentrating, focusing on a task and staying organised
- **Hyperactive ADHD**- difficulty staying still, constantly fidgeting, excessive talking, acting without thinking, interrupting conversations
- **Combined ADHD**- a combination of the above





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Spring 2 2025



The ADHD Assessment Process

The diagnosis of ADHD depends on a strict set of criteria as set out by the DSM-5 (Diagnostic and statistical manual of mental disorders).

A DIAGNOSIS OF ADHD REQUIRES:

- ☒ 6 or more symptoms of inattentiveness, and/or 6 or more symptoms of hyperactivity and impulsiveness
- ☒ Symptoms must be displayed continuously for 6 months
- ☒ Symptoms must start before the age of 12
- ☒ Symptoms must be present across at least two different settings (e.g., home and school)
- ☒ Symptoms must have a significant impact on the child's functioning on a social and or academic level
- ☒ Symptoms must not be due to a difficult developmental phase or better accounted for by another condition



The diagnosis of ADHD requires a detailed assessment made by specialists who utilise a variety of methods - **there is not one single test for ADHD.**

Methods used during assessment include:

- ☒ Gathering a detailed report of the child's development history
- ☒ Conducting interviews and obtaining reports from those that work closely with the child, including parents and teachers
- ☒ Use of standardised questionnaires
- ☒ Observations of the child's presentation, possibly in both a clinical and/or school setting

The assessment can be a lengthy process, especially if there are other medical or mental health conditions present. Plus, due to the depth of assessment required to diagnose ADHD a number of clinicians are involved in the process. This variety of different clinicians, all trained within their own field, are united in the process to provide the best support for both child and family.



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Spring 2 2025

How can I support my child with ADHD or Attention and/or Organisational difficulties?

Environment

A change in environmental factors can help to reduce hyperactivity and sensory overload. This can be achieved by using calm colours (green, light blue), in their bedroom, and minimal items in their rooms. If your child has difficulty getting to sleep, its important that the bedroom is a place to rest and unwind, so try to keep toys, games and TVs to other areas of the house.

Routines

Structure your home in a way that is helpful - set up routines for putting clothes away or set out for the next morning and sorting school bags out. Have a routine for bedtime and school mornings. This will help reduce stress and support their organisation. Encourage your child to have their clothes ready in the order they will be put on.

Encourage Exercise and Sleep

You may find that your child has lots and lots of energy! Physical activity increases concentration and helps to relieve stress and anxiety, as well as leading to a better night's sleep. Provide lots of opportunities for your child to be active during the day - they might like to join a club for a particular sport they enjoy. Sports that provide your child with movement will be more successful than those which require your child to sit for long periods. Rounders and cricket both mean your child will be inactive for longer periods and so they might not be as beneficial as activities such as football, hockey, rugby, netball or running. ADHD can lead to sleep problems, which can then in turn exacerbate the symptoms of ADHD, so it is important to establish a good bedtime routine.

Visual Reminders

Support your child's organisational difficulties with visual reminders - timetables, reminders and lists. Try to encourage independence and responsibility by encouraging them to check these and update them. ADHD is known to be linked to a deficit in a person's Executive Functioning ability, so organisation and memory are very much impacted.

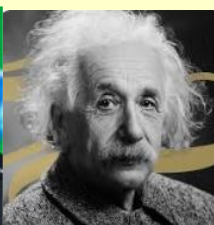
Specific Praise

Practice responding to examples of positive behaviour, however small they may seem, rather than reacting to difficult behaviour. Be specific with your praise to help your child fully understand why you are praising them, e.g. if they have been kind to a sibling or sharing with a friend.

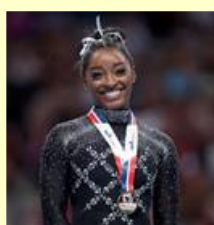
Inspirational People with ADHD



Lewis Hamilton



Albert Einstein



Simone Biles



Zayn Malik



Emma Watson



Sam Fender

Useful Websites

- ADHD Foundation Resource Hub - <https://www.adhdfoundation.org.uk/resources/>
- Sefton ADHD Children's Service - <https://www.alderhey.nhs.uk/services/adhd/sefton-adhd-asd-childrens-service/>
- ADDvanced Solutions - <https://www.addvancedsolutions.co.uk/services-for-families/families-in-sefton/>