



## Welcome Back

Welcome back to the Spring term and to our latest edition of the St Thomas' Kilnhurst Primary Academy SEND Newsletter.

At our last Coffee Club, I asked parents to share any

areas of SEND

they would like more

information about. Several

families mentioned ADHD, so in this edition I've put together a short, parent-friendly overview of ADHD along with some useful support links.

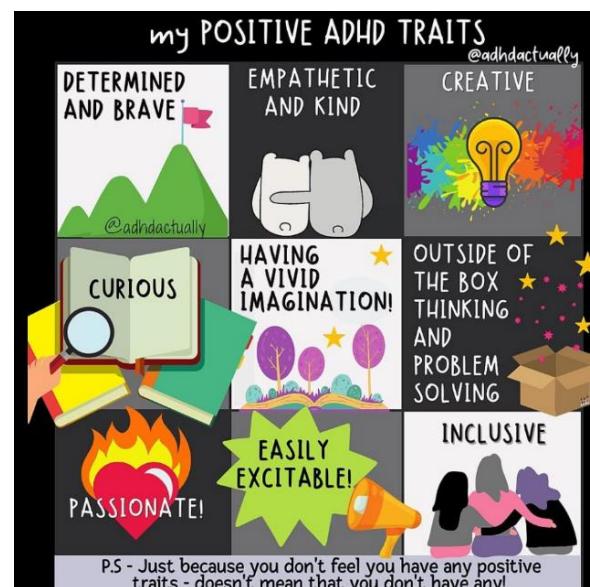
I'm also including a lovely image highlighting positive ADHD traits — it's a great reminder of the many strengths our neurodivergent children bring to our school community.

## COFFEE CLUB



A big thank you to all those who attended our November coffee club. We had a good turn out and it was lovely to chat to you all and for you to meet Our Specialist Inclusion teacher Sarah Macalister. The feedback from the parents who attended was very positive. With comments about how supportive the group was.

Our next session will be 4<sup>th</sup> February at 2:30pm. I will confirm the details on Dojo



If you have any suggestions about what you would like to see in future editions please let me know.

If you need to contact Mrs Hall please email [enquires@stp.dsat.education](mailto:enquires@stp.dsat.education) marked for the attention of **Mrs Hall**



# Spotlight on: ADHD

## Parent support

Useful parent booklets

<https://www.justonenorfolk.nhs.uk/media/35sdhriu/adhd-guide-for-parents-and-carers-14-sep-2022.pdf>

[https://hampshirecamhs.nhs.uk/wp-content/uploads/2018/03/Parents-ADHD-pack-2022\\_WEB.pdf](https://hampshirecamhs.nhs.uk/wp-content/uploads/2018/03/Parents-ADHD-pack-2022_WEB.pdf)

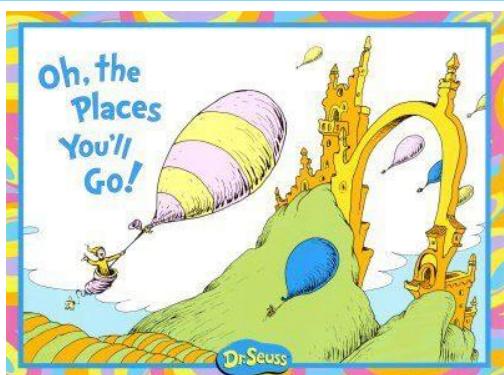
NHS guidance

<https://www.nhs.uk/conditions/adhd-children-teenagers/>

Websites:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

<https://togetherness.co.uk/learn/>



**ADHD is a neurodevelopmental or neurodivergent condition.** It affects the way someone thinks, feels and behaves. ADHD stands for Attention Deficit Hyperactivity Disorder.

For many children, ADHD influences how they remember, organise, focus, and manage their energy levels. This can make everyday tasks — like getting ready for school, following instructions, or staying on task — feel much harder than they look. But ADHD also comes with strengths. Children may be especially energetic, spontaneous, creative, or enthusiastic about the things they love. Supporting a child with ADHD at home and school can sometimes feel challenging. But with the right understanding, diagnosis, and support, children can thrive. The right strategies can make a big difference to your child's learning, confidence, friendships, and overall family life.

It is important to say that many children are easily distracted, impulsive and have high energy levels, particularly if they're under the age of 5. This does not mean they have ADHD. It could be a sign of something else, like being tired, anxious or stressed.

“Why fit in when you were born to stand out?”

—Dr. Seuss

## Useful SEND contacts

SENDASS: Special Educational Needs and Disability Information, Advice and Support Service [www.rotherhamsendiass.org.uk](http://www.rotherhamsendiass.org.uk)

Rotherham Local Offer website [www.rotherhamsendlocaloffer.org.uk](http://www.rotherhamsendlocaloffer.org.uk)

Autism information and advice service (post-diagnosis)  
[https://www.autisminformationservice.org.uk/](http://www.autisminformationservice.org.uk/)

Rotherham Parent and Carers Forum – get linked up with other SEND parents  
[https://www.rpcf.co.uk/](http://www.rpcf.co.uk/)

Events:  
**With Me in Mind – Wellbeing & Enrichment**  
22nd January 2026 10am  
WMIM Worry Monster Workshop (FS2 Pupils and Parents/Guardians)

3rd February 2026 2.00pm Y4 - Workshop –Bullying and Kindness (pupils)