

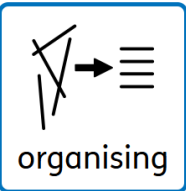
Sensory Circuits

Sensory Circuits use sensory-based movement activities which prepare children and young people for the day's learning and help them to achieve the 'just right' level of alertness they need to concentrate.



The aim of this section is to provide vestibular and proprioceptive stimulation within a controlled setting. This prepares the brain for learning and the demands of the school environment.

Activities may include: jumping, skipping, rolling, running, star jumps.



This section includes activities that require motor sensory processing, balance and timing. These activities help improve focus and attention. The child needs to organise their body, plan their approach and do more than one thing at a time in sequential order.

Activities may include: balancing, climbing, throwing and catching.



The calming activities are very important as they provide input to ensure that children leave the circuit and return to their classrooms calm, centered and ready for the day ahead.

Activities may include: yoga ball squashes, massage, swinging, rocking.

FURTHER ADVICE AND CONTACT DETAILS

SENCo – Mrs Sarah Palmer: spalmer@pembridge.hereford.sch.uk
SEN Governor – Mrs Nancy Bancroft office@pembridge.hereford.sch.uk

Independent help and support can be found by contacting the Parent Partnership Service:
sendias@herefordshire.gov.uk 01432 260955

PEMBRIDGE CE PRIMARY SCHOOL

INSPIRING **LEARNING** THROUGH FAITH AND VALUES **TOGETHER** Summer Term 2025

Welcome to our occasional **Learning Together** newsletter which offers some suggestions, thoughts and ways into exploring the some of the common difficulties children are faced with as they travel along their learning journey. As a result of parent requests, and our own discussions in school, we hope that **Learning Together** will help provide a bank of resources to use at home to help all our children to succeed. Previous editions are on our website under the *Learning* tab.

Our focus this term: **ADHD**

“People with ADHD are constantly coming up with new ideas and new ways of doing things. They have tremendous levels of creativity, artistic ability. They are great world-class problem solvers.”

—William Dodson, M.D.

ADHD
is not a disability
it's a different
ABILITY

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a neurodevelopmental condition that affects behaviour and concentration. Children and young people with ADHD often seem unusually restless, impulsive or distracted. They may speak or act without thinking, struggle with organisation, find it hard to focus or appear to be always on the go. However, whilst children and young people with ADHD may face certain challenges, it is important to recognise, celebrate and channel the many strengths and 'superpowers' these children will also have.

At Pembridge, we are proud of our open door policy so please do not hesitate to get in touch if you have any concerns or need some support.



Bearwood Lane, Pembridge, Leominster, Herefordshire HR6 9EA
Phone: 01544 388366
www.pembridgeprimary.org.uk • office@pembridge.hereford.sch.uk
Headteacher: Mr Robert Hollis



Possible Indicators of ADHD

A child or young person may show signs of being inattentive, such as:

- Difficulty following instructions.
- Short attention span.
- Being easily distracted.
- Being forgetful or disorganised.

They may show signs of being hyperactive and impulsive, including:

- Having high energy levels.
- Talking or moving excessively
- Talking noisily.
- Restless and fidgety.
- Difficulty turn taking or interrupting conversations.

Support strategies:

Organisation

- Predictable routines—a visual timetable might also help here.
- Checklists
- Uncluttered environment

Behaviour management

- Simple rules
- Praise for effort
- Immediate and frequent feedback

Inattention

- Focus aids
- Scheduled breaks
- Noise cancelling headphones

Impulsivity

- Minimise waiting times
- Reinforce positive behaviour
- Visual prompts e.g. Widgit symbols

Hyperactivity

- Focus aids
- Sensory breaks for stretching and moving
- Tasks given in smaller chunks—a now and next board might help here.



David Piley (b.1966) is best known as the author and illustrator of the children's book series, Captain Underpants, and the children's graphic novel series, Dog Man. He says: *I don't call it Attention Deficit Hyperactivity Disorder. I call it Attention Deficit Hyperactivity Delightfulness. I want kids to know that there's nothing wrong with you. You just think differently, and that's a good thing. It's good to think differently. This world needs people who think differently; it's your superpower.*



Mrs Devereaux is our ELSA Lead.
Mrs Jones and Miss Manns are undertaking ELSA training this term.

ELSAs help support a child to

deal with life's challenges and build their emotional development.

ELSAs can help support with:

- Self-esteem
- Managing feelings
- Anxiety
- Emotional regulation
- Social skills

Please let us know if this would help your child.



For further information, why not visit:
www.adhd.co.uk