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FFEDERASIWN YSGOL PLAS COCH AC YSGOL BRO ALUN

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Sesiynnau A.D.H.D. ac A.D.D. i rieni

A.D.H.D. and A.D.D. Parent sessions

Annwyl Rieni/Gwarchodwyr,

Nodwch bod y sesiwn Dydd Iau, 16/02/23 wedi ei ganslo. Bydd y sesiwn yn cymryd lle Dydd Iau, 02/03/23. Bydd cyfle i rieni/gwarchodwyr gwrdd gydag Alan Roberts, arbenigydd A.D.H.D. ac A.D.D. Atodaf wybodaeth ynglŷn ag A.D.H.D./A.D.D. Os oes gennych unrhyw bryderon am eich plentyn, hoffech chi drafod ym mhellach, neu os hoffech fwy o wybodaeth, mae croeso i chi drefnu apwyntiad gydag Alan Roberts trwy gysylltu gyda fi (Nerys Jackson) ar rif ffôn yr ysgol neu drwy e-bost jackson45@hwbcymru.net.

Dear Parents/Carers,

Please note that the session on Thursday, 16/02/23 has been cancelled. The session will take place on Thursday, 02/03/23. We are able to offer parent/carer drop-in sessions with Alan Roberts, a specialist in A.D.H.D./A.D.D. Please find attached information regarding A.D.H.D. and A.D.D. If you have any concerns regarding your child, if you'd like to discuss further or would like any additional information, you are welcome to book an appointment with Alan Roberts by contacting me (Nerys Jackson) on the school number or by emailing jackson45@hwbcymru.net

Diolch

Nerys Jackson

Lincs Defnyddiol/Useful links

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

<https://www.adhdfoundation.org.uk/>

<https://adhduk.co.uk/>

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school.

Many children go through phases where they're restless or inattentive. This is often completely normal and does not necessarily mean they have ADHD.

Symptoms of attention deficit hyperactivity disorder (ADHD)

The symptoms of attention deficit hyperactivity disorder (ADHD) can be categorised into 2 types of behavioural problems:

- inattentiveness (difficulty concentrating and focusing)
- hyperactivity and impulsiveness

Many people with ADHD have problems that fall into both these categories, but this is not always the case.

For example, around 2 to 3 in 10 people with the condition have problems with concentrating and focusing, but not with hyperactivity or impulsiveness.

This form of ADHD is also known as attention deficit disorder (ADD). ADD can sometimes go unnoticed because the symptoms may be less obvious.

ADHD is more often diagnosed in boys than girls. Girls are more likely to have symptoms of inattentiveness only, and are less likely to show disruptive behaviour that makes ADHD symptoms more obvious. This means girls who have ADHD may not always be diagnosed.

Symptoms in children and teenagers

The symptoms of ADHD in children and teenagers are well defined, and they're usually noticeable before the age of 6. They occur in more than 1 situation, such as at home and at school.

Children may have symptoms of both inattentiveness and hyperactivity and impulsiveness, or they may have symptoms of just 1 of these types of behaviour.

Inattentiveness (difficulty concentrating and focusing)

The main signs of inattentiveness are:

- having a short attention span and being easily distracted
- making careless mistakes – for example, in schoolwork
- appearing forgetful or losing things
- being unable to stick to tasks that are tedious or time-consuming
- appearing to be unable to listen to or carry out instructions
- constantly changing activity or task
- having difficulty organising tasks

Hyperactivity and impulsiveness

The main signs of hyperactivity and impulsiveness are:

- being unable to sit still, especially in calm or quiet surroundings
- constantly fidgeting
- being unable to concentrate on tasks
- excessive physical movement
- excessive talking
- being unable to wait their turn
- acting without thinking
- interrupting conversations
- little or no sense of danger

These symptoms can cause significant problems in a child's life, such as underachievement at school, poor social interaction with other children and adults, and problems with discipline.