

# Bower Grove Support

Support for the Wider Community 1992 - 2016  
For Families of Children with Special Needs



**Bower Grove School Fant Lane Maidstone Kent ME16 8NL**

## SUMMER 2016 NEWSLETTER



**HI!**

Once again we have a good programme of meetings and workshops for the spring/summer term and hope you can join us. Please remember meetings are open to all parents and carers and that includes any other school or organisation. Also there is no need to book. Please take a look at the previous workshops described in the newsletter, and I would like to remind you about the Parent Support page on the school website

[www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select **Parent Support** at the top of the page for key information and more.

If there is a special subject you would also like covered please email me; Jo Cousins at [psq.bowergrove@btinternet.com](mailto:psq.bowergrove@btinternet.com) or speak to me at one of the meetings and I will do my best to help. We hope to see you all very soon.



*Josephine Cousins*

### SUMMER 2016 PROGRAMME

Friday 6 <sup>th</sup> May 10.15am- 11.45am	<b>BENEFITS TALK</b> <b>Please join us for a (CAB) Citizen Advice Bureau talk about the Benefits System including non-means tested benefits &amp; allowances. There will be an opportunity to ask questions. All are welcome to join us.</b>
Friday 1 <sup>st</sup> July 10.15am-11.45am	<b>SCHOOL'S OUT FOR SUMMER!</b> <b>The Challenge to Help Parents Survive!</b> <b>Workshop to include strategies, activities and practical ideas. Please see more information on page 4. All are welcome to join us.</b>

# ADHD

## (Attention Deficit Hyperactive Disorder)



**Mrs Pam Stephens, Bower Grove School, joined us to talk about Attention Deficit Hyperactive Disorder (ADHD)**

**Please see a short synopsis below. I have only included a few points from her very comprehensive talk.**

### **During the session we looked at:**

- \_ Some of the problems faced by children with ADHD
- \_ Causes and triggers
- \_ Diagnosis
- \_ Medication and therapy
- \_ Practical steps to help parents and teachers.

Pam explained how there are children with a diagnosis of ADHD in every school with a ratio of boys to girls 4:1 diagnosed. It has no bearing on intelligence, ethnicity, income or class. ADHD can have a significant impact on how a young person copes with school, on their capacity to learn and their social relationships. If you suspect your child might have ADHD, there's a chance you'll come across the Connors test. This is often introduced by the ADHD nurse for parents and teachers to fill in scaling questions about the child's behaviours.

**Causes and Triggers:** Pam said we don't really know what causes ADHD but many possible triggers have been suggested ranging from food input, lack of sleep, technology to environment and many more. The Lancet has published a paper to say that ADHD has a genetic root. Pam said even if we do find a trigger it is not as easy as turning off a switch. If a trigger is identified, we can minimise it but each child is very individual and it is a question of trial and error. Medicine is one option but there may be side effects. Therapies from Psychotherapy, Behaviour, Cognitive CBT, neuro feedback treatment or Social skills training were also mentioned.

**Dangers:** ADHD children are impulsive. Individuals with ADHD have lower receptors for pleasure and thrill and thus are always seeking stimulation. This makes them susceptible to dares and to substance abuse. To maintain safety, it is important to train ADHD children to stop and think things through before taking action.

**Practical Steps:** Pam stressed that, when there is a problem, we should stay calm and unemotional and be sure to separate the person from the behaviour. They may not realise their actions are annoying you. A person with ADHD may have very low self esteem because they so often hear the word 'bad'. It is important to avoid ridicule or criticism. Systems such as 123 Magic and Social Stories were mentioned as well as different Behaviour Management solutions that can be of help in some cases.

### ***Some Key points mentioned that may be of help:***

- \_ Plan a system for different situations.
- \_ Be predictable and consistent in your approach.
- \_ Use eye contact as appropriate (but beware of confrontation).
- \_ Use the child's name frequently.
- \_ Keep instructions short.
- \_ Use clear minimal language.
- \_ Allow the child time to take up thoughts.
- \_ Never compromise safety.
- \_ Focus on the positive
- \_ Pick your battles and tackle them one at a time

Lastly, Pam said 'ADHD is like a fairground ride. It can be exciting and scary and raise your blood pressure but you can't get off. The energy of those with ADHD or ADD is enviable and their divergent minds can produce some amazing ideas. Grit your teeth, hang on and enjoy the ride!'

If you would like a copy of the flyer Pam distributed during the talk please email me Jo Cousins [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) and I'll send you a copy.

Some suggested reading:

**"Joey Pigs" by Jack Gantos**

**"Helping Children to build Self-esteem" by Deborah M. Plummer**

## E SAFETY WORKSHOP

On 29<sup>th</sup> January Matt Evans, Assistant Head Teacher Bower Grove School, joined us for a very informative talk about E Safety. The talk covered key questions such as: Do you know where your children are going online? Do you know what they are doing? What is their digital footprint like? Matt said the internet is so huge that without prior knowledge and good settings such as using 'Parental controls' it could in some cases be like placing a child in the ocean without any support or even armbands.

During the talk parents were able to voice their concerns and ask questions; they found the talk very useful. We were joined by a mix of parents and some professionals from a range of organisations. If you were unable to join us on the day, please see some key web links below that Matt distributed to parents at the meeting. You will see a range of advice and key information including advice on important e-safety issues, News and advice from industry experts, Guidance on setting parental controls and filters and reviews on the latest technology and apps and much more. There are also resources that can be used in the classroom or at home and a place anyone can use to report if they feel uncomfortable or worried about someone they are chatting to online: <http://www.ceop.police.uk/safety-centre/>

### Key Links:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.digizen.org](http://www.digizen.org)

[www.childnet-int.org](http://www.childnet-int.org)

[www.childline.org.uk](http://www.childline.org.uk)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.internetmatters.org](http://www.internetmatters.org)

## MEETINGS AND WORKSHOPS COMING UP!

We have a full programme for the summer term including a **Benefits talk on 6<sup>th</sup> May**; please see details listed on the first page. Our meetings and workshops are open to all including any other school or organisation and there is no need to book.

Please see more information about the 'School's Out For Summer workshop' below.

## SCHOOL'S OUT FOR SUMMER! WORKSHOP

**Pam Stephens joins us for this talk on Friday 1<sup>st</sup> July - 10.15am for 10.30am – 11.45am**

**Bower Grove Support, Bower Grove School, Fant Lane, Maidstone Kent ME16 8NL**

### 🚩 School's out for Summer! – The Challenge to Help Parents Survive!

- Holidays at home and away
- Friends and Family support
- Maintaining routines
- Rules and expectations
- Children's anxiety and anger issues.
- Behaviour management
- Supporting ASD, ADHD and special needs
- Safety
- Planning strategies, activities and practical ideas.

### ***BOWER GROVE PARENT SUPPORT***

**CONTACT:** Josephine Cousins Tel: 01622 726773 (during school hours)

**Web:** [www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select Parent Support for key SEN information.

**Email:** [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com)

**Address:** Bower Grove School Fant Lane Maidstone Kent ME16 8NL