SEND Newsletter—Spring 2 2026

Welcome to our half termly SEND newsletter addressing all things related to Special Educational Needs and Disabilities here at All Saints! Please check past newsletters about SEND, Dyslexia and our school Padlet on our website. This half term's newsletter is about ADHD and pathways for assessment.

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a **neurodevelopmental condition** affecting attention, impulse control and activity levels. The NHS notes ADHD affects roughly **5% of the population** and is recognised as a lifespan condition. Symptoms must be present in **multiple settings** (e.g., home and school) and persist for at least six months to meet diagnostic criteria.

Common symptoms

Children and young people with ADHD may have trouble with things like concentrating and sitting still. Here are the common symptoms we may see in school and at home. (NHS/NIMH). Most children and young people with ADHD have symptoms of both the inattentive and hyperactive-impulsive type. Some only show signs of one type. ADHD is thought to be recognised less often in girls than boys. This may be because girls with ADHD more commonly have inattentive symptoms and these can be harder to recognise.

Inattentiveness

- Difficulty focusing and concentrating on tasks
- Difficulties following instructions
- Forgetfulness and difficulties organising themselves, leading to making careless mistakes
- Trouble completing tasks
- Daydreaming or appearing not to listen
- Getting easily distracted by unrelated thoughts or stimuli

Hyperactivity and impulsivity

- Having high energy levels
- Fidgeting or tapping their hands and feet, squirming while seated
- Being constantly 'on the go', struggling with patience
- Talking noisily or excessively
- Feeling restless, or getting up and moving around when they're supposed to sit still
- Finding it hard to wait their turn, or interrupting conversations, answering questions or finishing other people's sentences
- May be unable to play quietly or take part in

Pathways to diagnosis

Early support and pre-referral resources

It is recommended that parents/carers take part in local programmes or work with early help services before a referral takes place. There has been some recent changes in local parenting programmes and some are no longer available. Parents/Carers can use the Hampshire Family Information and Services Hub (FISH) to search parent support options, school can refer to the Mental Health Support Team, or parents can access CAMHS workshops and parenting support. The process of diagnosis starts with looking at concerns around the child's behaviour and emotional wellbeing and putting in place support for the child through you as their parent/carer.

https://www.connecttosupporthampshire.org.uk/family-information-and-services-hub-fish

https://hampshirecamhs.nhs.uk/

https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/childrenandyoungfamilies

Referral for NHS ADHD Assessment

Referrals to Hampshire CAMHS for an ADHD assessment can be requested through your GP or working with Mrs Darling-Chalke our school SENDCo. Please make an appointment through the school office if this is the pathway you would like to follow. Due to high demand for assessments, there is currently a long waiting period to access this support.

Right to choose Pathway (RTC)

Parents/Carers can go through their GP and ask for the 'right to choose' an NHS approved provider. Some providers have reached capacity for this financial year so this may affect waiting times for new assessments.

Some families consider private assessments, however not all NHS GPs accept these in order to prescribe medication.

While you wait for assessment—here are some tips from NHS England

- Keep a behaviour diary—this is useful to track trends and work out potential triggers for behaviour
- Work with school and other professionals to create consistent routines
- Work with external services like the mental health support team
- Explore Solihull or Early Help Hub parenting support
- Try strategies like visual schedules, calm-down plans and sleep hygiene (CAMHS offers sleep guidance resources)

Mrs Darling-Chalke is our school SENDCO. She works as our SENDCO on Tuesdays, Wednesdays and Thursdays currently. If you would like to talk to her, please make an appointment with the school office.

Don't forget, past SEND newsletters can be found on our school website.

https://www.allsaintsceprimary.co.uk/send-information/

The next newsletter will be out after the Easter holiday.