



ADHD

FOUNDATION

Mental Health, Education and Training Services

Charity Number: 1120898

ADHD Friendly Schools Award

Do you want to join the increasing number of schools who are making the commitment to say that their school is a safe, nurturing, welcoming and exciting place in which all learners with ADHD can achieve their academic potential?

If your answer is yes, then why not become an ADHD Friendly School?

To achieve the award, Schools and Colleges work in partnership with the ADHD Foundation, the largest provider of ADHD training for parents and professionals in the UK and agree to work together to achieve the **6 ADHD Friendly School Pledges.** (see overleaf)



ADHD Foundation



@ADHDFoundation



The 6 ADHD Friendly School Pledges

- 1) We pledge to work with the ADHD Foundation to provide an ADHD training session for our teachers and/ or parents (twilight sessions available in the North West of England only.)
- 2) We pledge to provide regular opportunities for all learners with ADHD to have access to physical activity and exercise during the school day.
- 3) We pledge to provide opportunities for all learners with ADHD to learn self calming strategies, for example, belly breathing ,progressive muscle relaxation or mindfulness.
- 4) We pledge to provide tactile resources in every classroom.
- 5) We pledge to produce a display for the whole school and hold one assembly to celebrate the achievements of people living with ADHD.
- 6) We pledge to set up a Parent/Carer's ADHD Support Group.

Once your school has achieved the award, you will be invited to receive your ADHD Friendly School Award certificate at our annual conference and will join our **Partner Schools group.**

Partner Schools group members enjoy half price admission to our annual conference each year and reduced rates to all training sessions provided by the ADHD Foundation. Further training is available on self calming, other neurodevelopmental conditions and setting up a support group. For further information, visit www.adhdfoundation.org.uk .

For more information, contact:



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