

ADHD Including EXECUTIVE FUNCTION SKILLS PACKAGE

Date:
26th
February
2024

Time:
09:45-15:30

Cost:
£65 per delegate

Lunch and
Refreshments
are included

SEMH

C&L

Presented By

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Target Audience

Staff working with pupils with ADHD. The executive function package is best suited to years 5-8 however the ideas and resources could be adapted to suit younger or older students.

Workshop Objectives

This **full-day** workshop will initially introduce ADHD and how a greater understanding of neurodiversity can effectively support additional needs. This will form the foundation needed to understand the principles of the executive function package.

We will then guide you through our executive function intervention package which is presented as a series of lessons. This can then be delivered as an intervention to pupils.

Executive function is a set of mental skills that include working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life and they are key to pupil success in school.

Workshop Content

Morning

- What ADHD is and how it impacts upon the child and adolescent brain
- Why understanding executive function is key to supporting students with ADHD
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- ADHD and emotional regulation

Afternoon

- How this package can help pupils plan, initiate and prioritise
- Improving independent learning
- Maintaining focus
- Managing distractions
- Memory
- Time management
- Sharing of the resources

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.