INFORMATION AND SUPPORT FOR STUDENTS

I WOULD LIKE INFORMATION ABOUT ASD/COMMUNICATION AND INTERACTION DIFFICULTIES

We want to get to know you—your strengths, interests, and the ways you learn best. Together, we'll build supportive strategies that help you feel confident, included, and successful. If you have ASD or social communication differences, our goal is to make sure you thrive both in your studies and in your social life.

Links to support websites and more information

I WOULD LIKE INFORMATION ABOUT ADHD/BEHAVIOUR

We are here to support you. If you have ADHD or ADD, we'll work with you to build strategies that make school feel more manageable and positive. We'll celebrate your creativity and energy while helping you stay focused, organised, and confident in every part of school life—from lessons to friendships to wellbeing.

Links to support websites and more information

I WOULD LIKE INFORMATION ABOUT MENTAL HEALTH SUPPORT

We believe your wellbeing is the foundation of success. That's why we're here to support your emotional resilience and connect you with resources that can help. Our aim is to create a caring environment where you feel valued, understood, and empowered to flourish—both in your learning and in life.

Links to support websites and more information

HELPING YOU TO HELP YOURSELF

Life as a teenager can feel like a rollercoaster—exciting, confusing, and sometimes overwhelming. These tools are here to guide you. Explore, learn, and take what you need—you've got this, and we're here to support you every step of the way. Click on each name to find the resource:

- **I-Statements:** Helping you to navigate tricky conversations with adults
- **Sensory Resources** - suggested noise cancelling equipment
- **Resources to help you make a change**
- **What is Neurodiversity:** A useful PowerPoint taking you through ASD, ADHD, Dyslexia, Dyscalculia and Dysgraphia
- **Behaviour Reflection Task** - helping you to think about actions and consequences
- **Conflict Resolution** - hints and tips to deal with sticky situations
- **FFF - Fight, Flight or Freeze** - A useful video explaining why our bodies have responses to stress
- **Positive and negative coping skills worksheet**
- **SMART goal template -** Helpful worksheet to forward plan a goal

LEARNING SUPPORT AMBASSADORS

If you are newly diagnosed, are struggling to make sense of school or just need a friendly face, come to the Learning Support Office at break or lunch and we will help pair you up with one of our ambassadors.

REVISION SUPPORT

Here is a useful list of websites/apps/ YouTube videos/ TikTok accounts complied by students, for students: REVISION