

14th October 2025



Etone College
www.etonecollege.co.uk

Dear Parent/Carer

ADHD Awareness Month Activities – October 2025

As part of our ongoing commitment to an inclusive ethos at Etone and as part of our calendar of inclusion events, we are promoting ADHD awareness this October in a variety of ways.

The NHS estimate that around 2.5 million people in England have Attention Deficit Hyperactivity Disorder (ADHD) as of August 2025. Of these, around 621,000, or 24.8%, are estimated to be children and young people aged zero to 17.

Therefore, throughout October we will be promoting awareness and acceptance of ADHD with a range of activities taking place in school. We encourage your child to engage in all of these activities to help us further promote inclusivity within our school.

From Tuesday 1st- 31st October – awareness will be raised through a series of myth busting posters displayed around the school and on the TV screens. These posters celebrate the talents of celebrities and sportspersons with ADHD well as outlining the challenges and benefits experienced by young people with ADHD in today's society. To help pupils understand what it is like to live with ADHD, our school library will have a copy of 'The Boy with the Butterfly Mind' which is a lovely novel for KS3 readers exploring what it feels like to be a young boy with ADHD.

Tuesday 21st October – During break time we will be running a pop-up stand in the main hall where pupils can come along and try out a range of new re-focus tools (previously called fidget toys) and vote for those which they like the best. They can also engage in a range of sensory regulation challenges to see which methods of regulation work best for them.

Wednesday 22nd October – Lauren Sutcliffe from Specialist Teacher Service will be working with a small group of pupils in KS3 to explore the best strategies that they can use for self-regulation to help them achieve success in lessons.

From Monday 13th – Thurs 23rd October – Pupils will have the opportunity to complete a fact hunt (using the posters around the school) to be entered into a prize drawer to win one of the new re-focus tools voted for in our pop-up stand on the 21st.

After October Half-Term (Date TBC) - Heidi Bentley from the Educational Psychology Service will be running a session for parents on understanding ADHD and strategies to support your children (details will be sent out once the date has been confirmed).

For all parents and carers, regardless of whether your child has a diagnosis or is awaiting assessment, we have added a helpful information booklet to the SEND area of the school website which outlines advice and strategies relating to ADHD.

[Information-booklet-ADHD.pdf](#)



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Our staff will be taking part too with their own opportunity to win some re-focus tools for their classroom by completing a staff quiz based on information and resources about ADHD that have been shared.

Please take this opportunity to discuss these activities with your child and encourage them to participate fully in all that is on offer.

Should you have any queries, please contact Mrs K Smith.

Yours faithfully



Mr I Smith
Headteacher



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