



## Celebrating Neurodiversity Week 16<sup>th</sup> – 20<sup>th</sup> March at Oughton Primary and Nursery School.

### A Message for Parents and Families

This week our school is celebrating **Neurodiversity Week** – a time to recognise and celebrate the many different ways children think, learn and experience the world.

Every child's brain works differently. Some children may find reading easy but struggle with organisation. Others may be brilliant at spotting patterns, building things or thinking creatively. These differences are part of what makes our school community at Oughton primary and Nursery School rich, interesting and inclusive.

Neurodiversity includes children who may have learning differences such as autism, ADHD, dyslexia, dyspraxia or dyscalculia. These are not "problems to fix" – they are simply **different ways of thinking and learning**, each with their own strengths and challenges.

Our goal during Neurodiversity Week is to help children understand that **everyone's brain works in a unique way – and that's something to celebrate**

### What Children Will Be Learning at School this week.

We will be launching the week by sharing the book **The Umbrella of Us** by **Bella Hicks**. This is a gentle, rhyming story designed as a tool to help children understand that "different isn't wrong—it's wonderful." It features characters with various neurodivergent traits. Here is the link should you wish to take a look:

[The Umbrella of Us: Amazon.co.uk: Hicks, Bella: 9798315261698: Books](https://www.amazon.co.uk/Bella-Hicks-9798315261698-Books/dp/B081111111)



Following on from this the children will all be decorating their own umbrella to celebrate how we are all unique. We will be using this to create a display in the main school entrance.

Throughout the week, pupils will also be taking part in activities designed to build understanding, empathy and confidence. These may include:

- Classroom discussions about how everyone learns differently
- Stories about people who think and learn in unique ways
- Creative activities that highlight individual strengths
- Conversations about kindness, inclusion and celebrating differences

We want every child to feel proud of who they are and how they learn.

## Talking About Neurodiversity at Home

Children are naturally curious, and simple conversations can help them understand and appreciate differences.

You might try saying things like:

- “Everyone’s brain works in different ways.”
- “Some people learn best by listening, some by moving, and some by seeing things.”
- “Different ways of thinking help the world work better.”

These conversations help children develop empathy and respect for others.

## Simple Activities to Try at Home

### 1. Strength Spotting

Ask your child:

*“What are three things you think you’re really good at?”*

Then share some strengths you see in them. These could include creativity, kindness, curiosity, problem-solving, humour, or determination.

You could also talk about strengths in other family members.

### 2. Different Ways to Learn

Try learning something together in different ways:

- Read instructions
- Watch a short video
- Try doing it hands-on

Then ask: *Which way helped you understand best?*

This helps children see that people learn differently.

### 3. Celebrate Special Interests

Many children – especially neurodivergent children – develop strong interests in particular topics such as dinosaurs, trains, space, animals or coding.

Encourage this curiosity by:

- Visiting the library
- Watching documentaries
- Drawing, building or researching the topic together

Special interests often support confidence and deep learning.

## 4. Kindness Challenge

Ask your child to do one kind thing each day this week, such as:

- Including someone in a game
- Helping a classmate
- Giving a compliment
- Listening carefully when someone is speaking

Kindness helps create a community where everyone feels safe to be themselves.

## Helpful Reminders for Parents

Every child:

- Learns at their own pace
- Has unique strengths
- May need support in different areas
- Deserves to feel understood and valued

By celebrating neurodiversity, we help children grow into confident learners who appreciate the value of different perspectives.

## If You Would Like to Know More

[Neurodiversity Celebration Week](#)

**Thank you for helping us celebrate the amazing variety of minds in our school community.**

Happy Neurodiversity Week!

