



ADHD AWARENESS WEEK

5th – 9th October 2026



October is **ADHD Awareness Month**, and as part of our commitment to promoting understanding, inclusion and empathy, our school will be marking ADHD Awareness Week from **Monday 5th to Friday 9th October**.

As part of the week, we are excited to launch an **ADHD Awareness Art Competition** for students from Years 1 – 11.



What is the competition?

Students will create an **A4 poster** based on their year-group theme. The competition gives students an opportunity to use their creativity to spread awareness, challenge misconceptions and reduce stigma around ADHD, while learning a little more about ADHD along the way.

The competition will take place during students' scheduled Art lessons and will be facilitated by their Art teacher.



Themes

Years 1 – 4

"My ADHD Superpowers"

Create a poster celebrating the strengths that some people with ADHD may have, such as creativity, imagination, curiosity, energy and thinking differently.



Years 5 – 8

"ADHD: Look Beyond the Label"

Show that ADHD is more than a label. Explore what ADHD can look like and challenge some of the common misunderstandings people may have about it.



Years 9 – 11

"ADHD: Understanding, Not Judging"

Create a poster that promotes understanding, empathy and acceptance, while challenging stigma and misconceptions surrounding ADHD.



Celebrating Our Students

The Inclusion Team will judge the entries, with **three winners** selected from each year group. Winning students will:

- ★ Receive a certificate of achievement
- ★ Have their poster displayed on a school board as part of our ADHD Awareness campaign.



How can parents help?

Please encourage your child to read through their theme and start thinking about their poster over the weekend. Students should also ensure they bring the appropriate art supplies they will need for their Art lesson.

We look forward to seeing our students use their creativity to help our school community understand ADHD, challenge misconceptions and celebrate differences.

Thank you for supporting us in creating a more understanding and inclusive school community.

Inclusion Team

