



Dear Parents and Pupils,

TELKOM PHONE LINES AND LIMITED EMAILS

Once again we apologise for the inconvenience and frustration with our Telkom lines. We are working furiously behind the scenes trying to get us up and working this week. You can continue to contact the school on 083 626 6923 until our phones have been connected which will only happen approximately at the end of August. The school numbers need to be ported over from Telkom to the new system from VOX. Many thanks for your understanding.

**DO
 MORE
 OF
 WHAT
 MAKES
 YOU
 HAPPY**

Achievers for the Week - Primary School

Primary School	
Mrs McPherson Juniors	Nothando Mkhize & Ayesa Paruk - For perseverance in needle work
Miss Horn Intermediates	Mila Gillmer - Perseverance in English skills Intermediate girls - For perseverance in needle work
Mrs Smith Seniors	Rowan Sinclair - Good task application in all subjects
Mrs Price Computers	Nothando Mkhize - Improvement in Typing skills Yandani Shabalala & Wyatt Room - Perfect Computer test scores
'CAPTAIN' Workshop	Luke Reynolds - Good attention to detail in the Workshop

IMPORTANT NOTICE

PUPILS RETURNING TO WENDON & SCHOOL FEE ACKNOWLEDGEMENT FOR 2020

Yesterday you would have received letters requesting confirmation regarding your child returning to Wendon Academy & the School Fee structure for 2020. Reply slips are attached to the letters which you are to complete and send back to school no later than Friday, 16th August 2019. Thank you.

Calendar of Events

August

Mon 19 th to Fri 23 rd	Gr10 to 12 Work Experience	
Saturday 24 th	Wendon Ball	

September

Tuesday 3 rd	PS Open Day	Information to follow
Monday 9 th – 17 th	HS Report Back	Information to follow
Wednesday 18 th	Civvies Day – Dress up to celebrate Heritage Day End of Term 3	R10

Please check the newsletter weekly for any changes to the calendar

Flowers in the Foyer

A special thank you to those families who have kindly offered to donate flowers for our foyer.

TERM 3				
19 th Aug	Pillay Family Jaden Gr 8		2 nd Sept	Moosa Family Aaisha Gr 10
26 th Aug	Vawda Family Yusuf Gr 10		9 th Sept	Ackerman Family Kyle Gr 9

Thank you to our parents, your support in our efforts to raise funds is invaluable to our school.
Other ways to help fundraising is from My School Card - just swipe your card at any of the selected stores. Should you require a My School form, please request these from the school.

End of Term Heritage Theme - Civvies Day

Our themed civvies day to end off this busy third term will be Heritage / Cultural Dress. Parents, please help you child dress to celebrate their own heritage.

Reminder: Term 4 Art Expo

Friday, 11th October is our awesome Art Expo, showcasing our pupils art, crafts and woodwork. Pencil the date in your diaries and get ready to enjoy a picnic under the stars with your friends and family.

FIVE COMMONLY ASKED QUESTIONS ABOUT ADHD ANSWERED

ADHD can be tricky to diagnose and understand. Herewith a list of frequently asked questions and their answers.

There are many misconceptions about ADHD, but understanding the basics can help clear this up.

We all have difficulty concentrating from time to time. But for someone with attention-deficit hyperactivity disorder (ADHD), not being able to concentrate or pay attention can affect their ability to function on a daily basis.

ADHD is a chronic developmental neuro-behavioural disorder that can be diagnosed at any stage in life. Symptoms are, however, most prevalent during childhood. Although people with ADHD can lead perfectly normal lives, there are a number of misconceptions about the condition.

While ADHD is largely caused by genetic factors, many people still believe it is caused by bad parenting or poor discipline. Misconceptions like these give ADHD an unnecessary stigma and might even prevent people from obtaining a correct diagnosis and an effective treatment plan.

Here are some commonly asked questions about ADHD:

1. How exactly is ADHD diagnosed?

According to Dr Renata Schoeman, our resident ADHD expert, questionnaires are used in the initial stages to screen potential candidates for ADHD. An accurate diagnosis, however, involves a much more intricate evaluation and comprehensive assessment by a psychologist. There is unfortunately no set questionnaire, scale, rating or "computer test". This is why ADHD can be so tricky to diagnose. If ADHD is suspected, it's best to consult a licensed psychologist or Paediatric Specialist with a working knowledge of ADHD.

2. How can ADHD be treated?

The diagnosis of ADHD does not mean that your child's school career is doomed. There are several ways of managing ADHD, usually a combined approach, carefully tailored to the needs of the patient. ADHD will rarely be successfully managed only by medication. Behavioural therapy can work well in conjunction with medication, but may require the input of another medical professional. This is why treating ADHD is often a team effort.

Many children with ADHD can be taught in a normal environment, but there might be a need for special assistance with homework if the child has complex learning difficulties.

3. What is the difference between ADD and ADHD?

People often use the abbreviations interchangeably, and sometimes it makes no difference. The lines between ADD

and ADHD are very blurry and in many cases it's hard to define them as separate conditions. ADD (attention deficit disorder) is a type of ADHD that doesn't present the "hyperactive" component involving fidgety movements. However, in 1994, experts decided that ADHD should be used as an umbrella term, even when hyperactivity isn't present. The result will read ADHD without hyperactivity.

4. Is medication always the best option?

There are people who are hesitant to go the medication route for ADHD, but new research has shown that medication is beneficial in most cases. In addition to helping kids calm down and concentrate at school, the research published in *The Journal of Adolescent Health* also found that the drugs help children avoid many long-term negative consequences associated with ADHD - including depression, substance abuse and even driving problems.

However, it's important to reiterate that, while medication plays a successful part in treating ADHD, it should always be administered in conjunction with other treatment methods such as behavioural therapy.

5. Ritalin isn't working for my child. Why?

Ritalin the trade name of the stimulant methylphenidate, and is the most commonly prescribed first line of treatment for ADHD. Ritalin works by increasing the availability of the neurotransmitters norepinephrine and dopamine, which improves brain activity.

Different formulations and doses are available depending on the severity of the ADHD. While Ritalin is commonly prescribed, it doesn't mean it is the ideal treatment for everyone with ADHD. It isn't available over the counter and will only be prescribed by a medical practitioner after an evaluation. If the prescribed Ritalin is not working as it should, you should discuss this with your Doctor. Keep in mind that medications that affect the chemistry of the brain require a trial-and-error approach, which means you have to have patience.

Ask about possible side-effects such as loss of appetite or sleep disturbances. Your medical practitioner should also be able to advise you at what time of the day to administer the medication for the best effect.

There are other available tablets eg: Concerta which could be more suitable to an individual child.

Have an enjoyable week ahead.

Kind regards

Mrs Wendy Hicks
Managing Director

"Judge a man by his questions rather than by his answers."
- *Voltaire*