



Celebrating Neurodiversity Week at Highlands School

What is Neurodiversity?

Everyone has a **differently-wired brain** and their own unique way of thinking, interacting and experiencing the world.

Neurodiversity is about recognising that everyone's **brain works differently**.

18th - 24th March 2024

No human brain is exactly alike

There is no **'standard'** human brain against which all other human brains can be compared.

This means that people think, learn and process information **differently**.

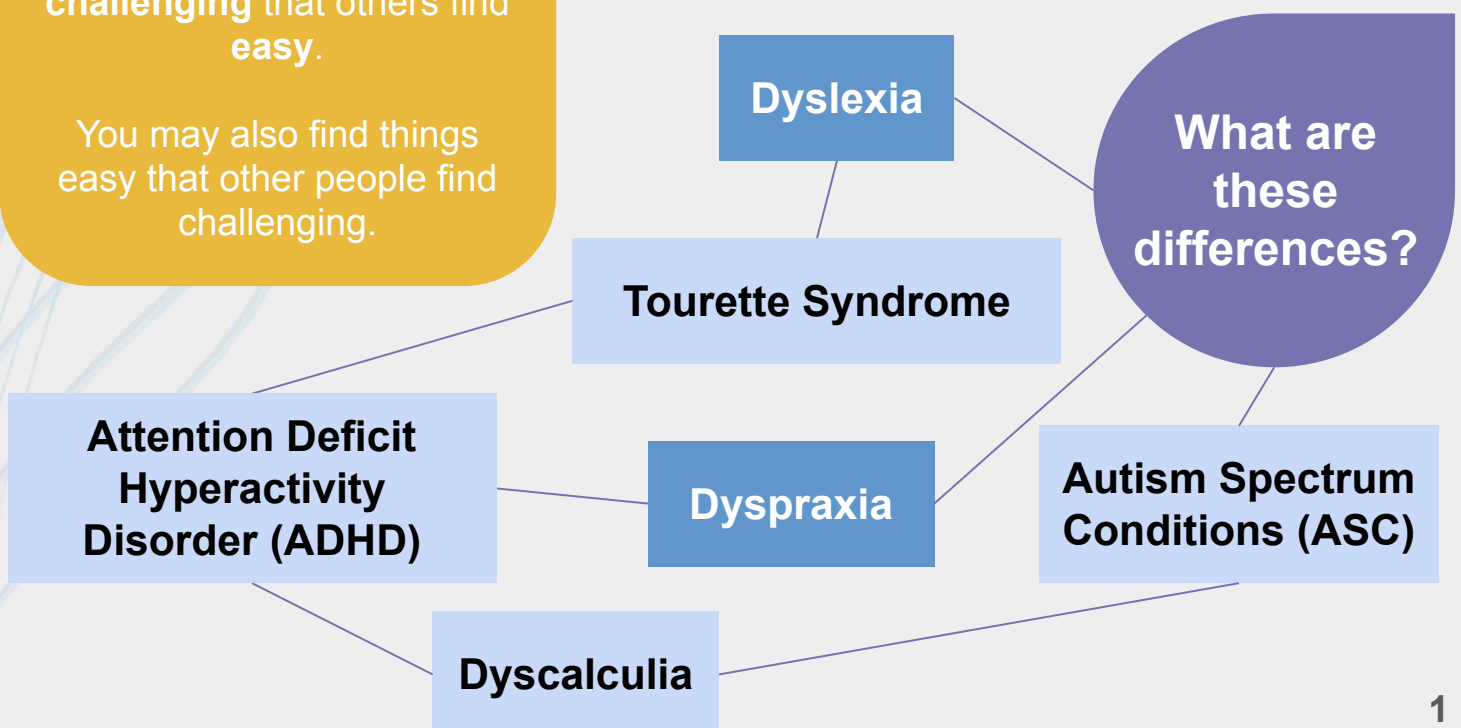
Respecting differences

Neurological differences in the way that our brains are wired means that you may find some things **challenging** that others find **easy**.

You may also find things easy that other people find challenging.

Neurological variations in the human brain are **natural**.

What are these differences?



Attention Deficit Hyperactivity Disorder (ADHD)

- About 4% of the population have ADHD.
- ADHD affects a person's ability to focus. It can cause inattention, hyperactivity and impulsiveness.
- People with ADHD can be some of the most creative members on a team, bringing energy and new approaches to their projects.



Sam Thompson
ADHD diagnosis

Did you know that climate change activist Greta Thunberg is autistic and has ADHD?

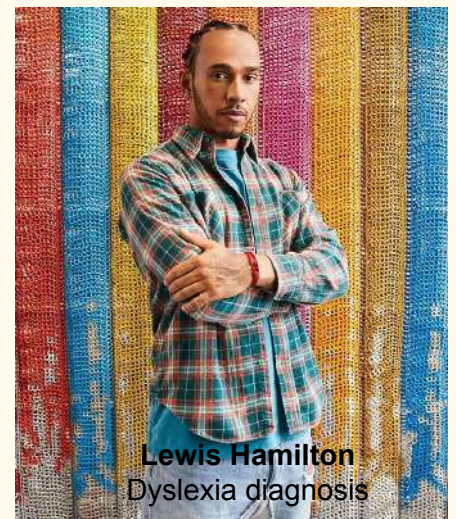


Autism

- About 2% of the population is autistic.
- Autistic people can be sensitive to lights, noise, touch and smells, which can sometimes cause them distress.
- People on the autistic spectrum can be highly logical and can be good at absorbing and remembering facts, attention to detail, and recognising patterns.

Dyslexia

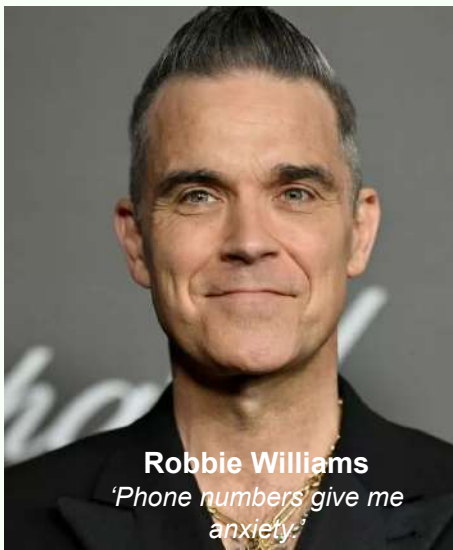
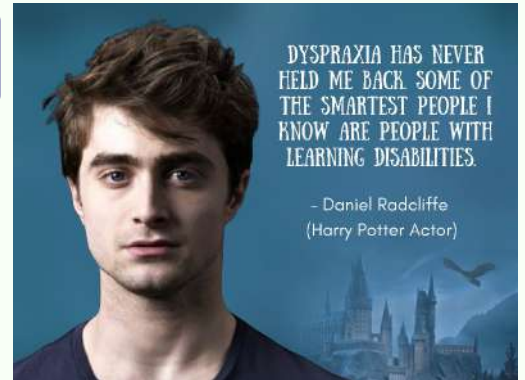
- About 10% of the population are dyslexic.
- Dyslexia is a language processing difficulty that can cause challenges with reading, writing and spelling.
- Dyslexic people can be very good at creative thinking, problem-solving and verbal communication.
- About 35% of entrepreneurs are dyslexic.



Lewis Hamilton
Dyslexia diagnosis

Dyspraxia

- About 6% of the population are dyspraxic.
- Dyspraxia affects your physical coordination.
- Sometimes dyspraxia can be misperceived as clumsiness.
- Dyspraxia can affect your fine motor skill, such as your handwriting and your gross motor skills, such as being able to catch and kick a ball, run and ride a bicycle.



Dyscalculia

- About 5% of the population have dyscalculia.
- Dyscalculia affects an individual's ability to acquire and use mathematical skills.
- For some, it affects how they see numbers. For others, it might make symbols difficult to read.
- People with dyscalculia are very creative and have a love of words.

Tourette Syndrome

- About 1% of the population have Tourette Syndrome.
- TS causes sudden, uncontrolled, repetitive muscle movements and sounds called "tics."
- Stressful situations can make the tics more frequent, longer and more severe.
- People with TS are often high-achieving, creative and empathetic.



What is Neurodiversity Celebration Week (NCW) about?

- NCW is about celebrating the strengths and talents of people with learning differences.
- **Sadly, these students are often misunderstood.**
- NCW is one way of reminding everyone of the importance of being **kind**, **tolerant** and **accepting** of everyone.



- NCW is about **recognising hard work, resilience and determination.**
- The school environment is not the ideal place for special educational needs (SEN) students to showcase their unique strengths and talents.
- SEN students often work extremely hard to compensate for their challenges.

Neurodiversity Matters!

- The concept of neurodiversity is the acceptance **that all humans are different**, with unique minds, needs and abilities.
- Neurodiversity Celebration Week serves as a reminder that no matter what our differences and challenges, **everyone also has their own strengths and talents.**

What we hope to achieve

If we work together there is no limit to the change we can make.

It is time to recognise the many strengths and talents that come from thinking and perceiving the world differently. By celebrating the strengths of neurodivergent individuals, we can begin the seismic shift of changing the way neurodivergent individuals are perceived and supported, empowering them to achieve their potential.

Together, we can change the narrative.

www.neurodiversityweek.com

It's better to be yourself
Than to be someone you're really not

At the end of the day
We all weep the same hues of blue
To be unique is to shine brighter
than those who came before us who never
could

To spread the message of hope
In such a corrupt society
Filled with nothing but hatred and
judgement

Isn't it better to be ourselves?
To see colours beyond black white and grey
To see the light in the darkness

To have the human decency to comprehend
Preach love and not hate
For this world is already overflowing with
hatred

To eradicate hatred is what we should do
We are the generation of the future
Why are we hating each other so much?
We are not going to school for war
We are going to school for an education

Hatred gets us nowhere
The light is shining ahead
Ahead kindness awaits those
who are misunderstood
Treated like they are less

Let me tell you something
We will never be the same
I will never be you
You will never be me

But the least you can do is
comprehend
Emotions
Thoughts
To include others in everything we do

To know they are worthy of inclusion
To know they are worthy of an equal
education
Is what we should really push forward

Why spread your gloomy views
When you can just learn to
comprehend

It's our imperfections
That makes us perfect in our own way
To ensure we are being authentic
And not someone we're not
Just because it's "Kool"

For being cool will get you nowhere
It's about the appreciation and ability to
comprehend that will get you
somewhere...

We are all so similar
Yet so different
We'll never meet somebody else
exactly like us
For we are all individually unique

Spread appreciation for those around
you
You never know what someone is
going through
It could make their day

Ahura Sedaghat
Year 12



#NCW2024