



## A NEW SCHOOL YEAR

# Letter to my Teacher(s)

## WELCOME BACK!

To help you get organised & start the year off on the right foot, we at ADHD Ireland have designed this template as a guide to help you introduce yourself to your new teachers. In addition to your official supports, this communication tool can help build an early partnership with your teachers by making sure they know everything they need to know about you, your ADHD, & how they can support you to be successful this year.

**So, be proactive, advocate for yourself & your needs by sending this off to your teachers before school starts this year!**

Dear \_\_\_\_\_

My name is \_\_\_\_\_ and I will be in your \_\_\_\_\_

(subject) this year. If you have not already, I know you will receive my additional supports plan soon, but I wanted to introduce myself more informally and explain more about how my ADHD affects me as well.

To start, a little bit about me. I am a \_\_\_\_\_ (level) this year and I am most excited about taking \_\_\_\_\_ (subjects). My goals after secondary school are \_\_\_\_\_

\_\_\_\_\_. The things I find most challenging about school are \_\_\_\_\_  
\_\_\_\_\_. Outside of school my hobbies and interests include \_\_\_\_\_

I have been diagnosed with Attention-Deficit Hyperactivity Disorder (ADHD) since I was \_\_\_\_\_ years old. My regular symptoms and how this affects me at school usually include \_\_\_\_\_

\_\_\_\_\_. I'm always open to trying new things, but the supports I usually find most helpful have been \_\_\_\_\_

You can help me be successful this year by \_\_\_\_\_

If you have any questions, want to chat about organising supports for this year, or anything else really, I can be reached by email at \_\_\_\_\_ . You can also connect with my parent(s)/ guardian(s), \_\_\_\_\_ (name(s))

at \_\_\_\_\_

or \_\_\_\_\_

I am looking forward to learning from you this year.

Sincerely,

\_\_\_\_\_

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