

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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