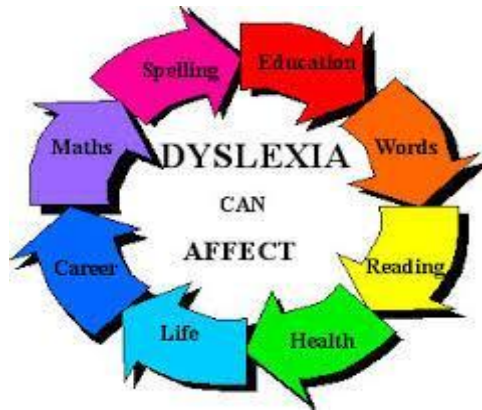


S3

Dyslexia Information Booklet



dyslexia

Dyslexia the facts

Dyslexics have lots of skills including...

Musical **Athletic** **Speaking**
Artistic **Creative** **Imagination**
Visualising in 3D
Entrepreneurial

and many more...

1 in **10** people are dyslexic



over **500,000** people in Scotland

Challenges associated with dyslexia:

- Problems with reading, taking notes, remembering numbers, names and details.
- Difficulty with time keeping, managing time, organising work etc.
- Problems with written work e.g. spelling and writing.
- Short-term memory problems.

Strengths associated with dyslexia:

- Being very creative and enjoying practical tasks.
- Strong visual thinking skills e.g. see/think in 3D. Good verbal skills and good social interaction.
- Being good at problem solving.
- Dyslexia can affect anyone and is different for everyone. It is not a disability; it is a difference in the way you learn.



BGE Dyslexia Information Sheet

Circle the relevant statements to show how you support your learning in school and at home.

In the classroom I use/ ask for the following to help with my learning	At home I use/ask for the following to help with my learning
Chromebook/ICT	Organise my school bag each day
Mind Maps	Pin board for storing information
Coloured Overlay	Chromebook to check on homework for subjects
Different coloured folders for each subject	Timer to keep you on task
Ask for extra time to process information	Coloured overlay
Ask the teacher or learning assistant for help when I am stuck	Mobile phone apps
Use highlighters to colour code my notes	Access the DHS website and make use of the dyslexia information for students
Ask for extra time to finish work	Use revision techniques to help with tests
Need to be prompted to keep on task	Complete and hand in your homework on time
Use a spell checker	Read and Write tools
Ask for extra thinking time	Dyslexia Unwrapped website
Use a bookmark to help me follow the text	Study in short chunks 10/20 minutes
Have all the relevant equipment out ready for the lesson	Ask a family member for help with homework/revision
Use a framework from the teacher to help me write notes	Go over the day's work to check my understanding
Ask for photocopied notes from the teacher	Post Its to summarise notes

List 5 of the most important statements and note down how you use these to help with your learning in class and at home:

- 1.
- 2.
- 3.
- 4.
- 5.

Tips and Hints to Help

Before School:

- Leave enough time for breakfast. You won't be able to concentrate at school if you haven't eaten properly.
- Think about your day ahead, have you got everything you need?
- Remember a mid-morning snack, packed lunch.
- Have you got your house key, bus pass, money, PE kit?
- Are there any special arrangements / equipment today that you need to be aware of, e.g. after school club, forms to be returned, appointment after school, absence notes, money for lunch card.



At school:

- Write down all your homework clubs in your diary or on your phone, so that you know when to attend these.
- Remember to collect any worksheets you need for work in class or to take home for homework.
- Ask your teacher or a learning assistant if you don't understand something or you need help.
- Make sure you have the phone number of a reliable friend(s), so you can ask later if you're not sure, or check on the DHS Show my homework site.



After school:

- Have a drink and snack when you get home.
- Unpack your school bag and check if you have any homework to do.
- Pass on any messages or notes. It is a good idea to set aside a designated area for this.
- Plan your evening. Remember to **prioritise your tasks** so you meet all your targets. The next section looks at how you can **manage your time** to do this.



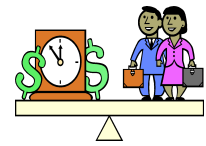
Bedtime:

- Check and pack your school bag for the next day.
- Sort out your school uniform.
- Allow yourself some time to relax and unwind after finishing your homework, before you go to bed. TV doesn't relax you.
- Log off social media to allow your head to clear.



General Tips:

- A notice board in your bedroom is a good idea to pin on your timetable, organisation check list and planner for the weeks ahead.
- Use the calendar on your mobile phone to set alerts.
- Make sure that all your personal belongings are marked in case you lose something at school.



Time Management:

- **Plan Ahead:** Good planning will save a lot of time in the long run. If you do it right the first time you won't have to do it again.
- **Set Targets:** Set yourself realistic targets that are achievable.
- **Give yourself enough time:** If you don't feel rushed you will perform better.
- **Learn to say no:** Sometimes you will have to say no to people if you are to meet your targets. This can be hard.
- **Prioritise:** What really needs to be done? Allocate tasks as priority-
 - High priority-** must be done immediately.
 - Medium priority-** can be done in next few days.
 - Low priority-** can be done in next few weeks.
- **Complete your task based on their priority.** It's easy to ignore the difficult tasks that need to be done.
- **Identify your time wasting habits:** If you know what they are you are on your first step to cutting them out.
- **Divide things up:** If you have a huge task to complete, breaking it down into smaller more manageable pieces. Maybe you can work with a friend.
- **Finish one job at a time:** It's easy to leave a job half way through and then move onto another one.
- **Help:** Don't struggle. If you are finding things are getting on top of you, ask for help.

Strategies for Dyslexia

All, or some of the information below may be useful strategies for dyslexia.

Working Memory

- Repeat instructions
- Check your understanding
- Short, clear instructions - one at a time
- Memory aids
- Extra time to process information
- Printed hand-outs
- Mind maps/diagrams
- Word bank
- Prompt to keep you on task



Writing/Handwriting/Notes

- Limit copying from the board or books
- Photocopy notes or use worksheets
- Ask for extra time to complete work
- Use ICT where possible
- Use typed notes on key points (provided by teacher)
- Use a framework for writing notes (provided by teacher)
- Use plenty of space, headings and colour when making notes/diagrams
- Revision books can help if you find it difficult to summarise text



Reading

- Use visual prompts to help you
- Share reading with a partner -turn taking
- Adapt font size/enlarge text
- Use coloured paper/overlay to reduce glare
- Use sequencing to understand what's happened in the text
- Extra time to re-read worksheets/materials
- Have a dictionary to help with new vocabulary
- Use a ruler to help you follow the line



Spelling

- Use a spell checker
- Use a subject specific word bank
- Use the Look, Cover and Write method to improve spelling



Read and Write

- The purple jigsaw is a function on your Chromebook and is accessible for all pupils to use.
- Click on the icon (which is at the top right-hand side of your screen) it will open up a tool bar with functions to help support your learning. You can also customise the tools to suit your own learning needs.



S3 Coursing and Dyslexia

At Dalkeith High School all S3 pupils will take part in choosing their subjects for S4. It is important for all pupils to make good choices that reflect their strengths and interests, to ensure that they are successful in these subjects. If you are dyslexic, you might need some additional supports in class to be able to demonstrate your knowledge and understanding of the course. It is important that you work with your teachers to identify which supports are most helpful in class and for your assessments and exams in S4. Some courses might prove more challenging as they involve more written work as part of the course curriculum, so it is essential that you are prepared to work hard and use the supports available.

Good luck with your coursing options. Make sure you read all the relevant information about each course before making your final decisions. Your Pupil Support Leader will help to guide you and advise you through this process.

 <p>Learner Qualities Learners at Dalkeith High School should always strive to be: Responsible Resourceful Resilient Reflective</p> <h2>Responsible</h2> <p>You can ensure you are responsible by keeping the following in mind:</p> <ul style="list-style-type: none">• Even if it 'wasn't just me' - it was still me!• The actions and behaviours I can control are my own.• The teacher can point me in the right direction but I need to get myself there.• If I've missed a lesson, it's my job to check on the learning I need to catch up with.	 <p>Learner Qualities Learners at Dalkeith High School should always strive to be: Responsible Resourceful Resilient Reflective</p> <h2>Resourceful</h2> <p>You need to build strategies to be a successful learner. In class, ask yourself the following:</p> <ul style="list-style-type: none">• 'I'm stuck' is just a statement - can I ask the teacher something instead?• Do I have notes on this that can help me?• Do I have skills or knowledge from another subject that I can use here?• Is there some research I can do to help develop my ideas?• If Plan A isn't working, what might Plan B look like?
 <p>Learner Qualities Learners at Dalkeith High School should always strive to be: Responsible Resourceful Resilient Reflective</p> <h2>Resilient</h2> <p>Try reminding yourself of the following when learning is challenging:</p> <ul style="list-style-type: none">• I want to have a growth mindset. It's not that I can't do this, it's just that I can't do it yet.• Learning isn't supposed to be easy - If it's easy, I'm probably not learning much!• Making mistakes is just part of the learning process.• If I'm in the learning pit, my peers and my teacher can help me, but I also need to help myself.	 <p>Learner Qualities Learners at Dalkeith High School should always strive to be: Responsible Resourceful Resilient Reflective</p> <h2>Reflective</h2> <p>You need to ask yourself the following questions:</p> <ul style="list-style-type: none">• Where am I now in my learning? What were the things I did to help me get to this stage?• Where do I want to be?• What steps do I need to take to get there? Is there anything preventing me from taking these steps? If so, how do I deal with this?

Information for Parents/Carers

Assistive Technology

There is a wide range of PC hardware and software as well as a number of handheld devices that are specifically designed to make life easier for people with dyslexia. These are all included within the heading of "Assistive Technology". Examples of the technology that are suitable for people of all ages are provided below.

Chromebooks are issued to some pupils at Dalkeith High School. They offer a great benefit for learning in class. Training is given when the Chromebook is issued so that pupils are aware of how they can use the Chromebook effectively in class and at home.

Speech recognition software. This allows users to dictate or talk to a computer that uses software to convert this to text. This is clearly of interest to individuals that might otherwise have difficulty with spelling or writing emails, reports or other written communications.

Text-to-speech software. This allows individuals to understand written material they are presented with and to proof-read or check their own work.

Mind mapping software. This is specifically designed to allow dyslexics to plan their work more effectively.

Scanning software and hand reading pens. These allow the user to store and listen to the text found in books and other documents.

Spell checkers that are specifically designed with dyslexia in mind to automatically make corrections to written communications.

Smartpens can be used to write text, but which track the text being written and recreate the notes in digital form. The pen can then upload the text to a smart phone, PC or tablet to allow further processing or electronic distribution. A number of different models are available on the market, each with different strengths and weaknesses.

Tablets, Smartphones and Applications. There are a wide range of hardware platforms and software applications that can help individuals to manage their time and task list more effectively or work in conjunction with other hardware devices such as smartpens.

Computer based learning programs. These are specifically written for dyslexics and can help to sharpen their skills in reading, writing, touch-typing and numeracy.

Myths about Dyslexia -True or False?

Task

There are lots of myths about dyslexia, so why don't you find out if these myths are true or false.

Google each myth and write below if they are true or false, and then add some comments of your own.

True or False?

People grow out of dyslexia

Dyslexic people aren't clever

Dyslexia only affects someone's reading and spelling

Dyslexia brings gifts as well as difficulties

Dyslexic people are successful!



Dyslexia Unwrapped

Hello

Welcome to Dyslexia Unwrapped, the online hub for young people with dyslexia. It's fun, informative and designed just for you. Watch a video, find support and get involved!

Info and support

Click on your age on the website to find useful articles and information about living with dyslexia. Whether you're struggling with time management, or need support from your teachers and friends, we can help.

So, you've got dyslexia...

Find out what this means - and what it doesn't!

Lots of useful stuff for you, your parents and friends.

Go to the website to find some really useful information for young people with dyslexia.

Dyslexia YouTube videos

- Dyslexia explained: What It's Like Being Dyslexic
<https://www.youtube.com/watch?v=IEpBujdee8M>
- The Power of Dyslexia
https://www.youtube.com/watch?v=l_qGJ9svUbM
- Famous people with dyslexia
<https://www.youtube.com/watch?v=nfBxDPQjoG4>
- Orlando Bloom and dyslexia:
<https://www.youtube.com/watch?v=hLTSPmoH2eE>
- Dyslexia: Behind the news
<https://www.youtube.com/watch?v=EoCOj-6aPVU>
- Embracing Dyslexia
<https://www.youtube.com/watch?v=Vy5WxLf-r6g>
- Dyslexic Kids - Cover my eyes
<http://dyslexic-kids.tumblr.com/page/68>

Dyslexia sites from the internet

<http://www.unwrapped.dyslexiascotland.org.uk>

- Web Page Famous Dyslexic People
<http://www.bing.com/images/search?q=famous+dyslexics&qv=famous+dyslexics&FORM=IGRE#view=detail&id=2F4012E812A249DD337E20C1EAD065F4B7A76D&selectedIndex=37>
- Dyslexia artist Vince Low
<http://www.dailymail.co.uk/news/article-2372565/Dyslexia-artist-Vince-Low-scribbles-portraits-famous-dyslexics-highlight-condition.html> (Art Work)
- History of dyslexia - timeline and information
http://en.wikipedia.org/wiki/History_of_developmental_dyslexia
- History of dyslexia
<http://www.dyslexiasw.com/advice/all-about-dyslexia/history-of-dyslexia>