

Hi, My name is **XXXXXXXXXX**  
But most people just call me **XXXXXXXXXX** ☺



I am 8 years old have an autism spectrum disorder called *Aspergers Syndrome*.

I also have sensory processing disorder (SPD).

Because of this, I am very sensitive to loud noises, crowds and highly stimulating environments and I need a solid structure and routine otherwise I become stressed and find it difficult to cope.

This is why I struggle with assembly and church time but my Mum and OT are helping me to de-sensitize to these. Please realise that I am not being defiant or naughty, it's just my sensory system becoming overloaded.

I need to be told in advance if there are any changes to today's plan. Please avoid wherever possible just "springing" things on me.

I also struggle with fine motor skills and holding a pencil, writing and sports are very difficult for me.

Please understand that I'm doing my best but none of these come easily to me and require a bigger effort than most children to achieve.

Please don't rush me.

I also have what is called proprioceptive dysfunction which is a fancy way of saying that I find it difficult to sense where my body is in space.

Signs of this may be: inability to sit still in my chair or even on the floor for extended periods of time.

I also sometimes have an uncontrollable need to get up and move.

If you notice that I am becoming restless, please assign me a task- preferably a short walk to deliver something to another teacher or the office so I can re-group and come back more settled.

There is nothing wrong with my attention span or desire to learn- I just struggle to be like "all the other kids" because my brain is simply not wired that way.

Please call my Mum Fiona on: **XXXXXXXXXXXX** if you have any concerns or questions, she is not highly trained in teaching as you are and doesn't pretend to have all the answers, but she understands how autism looks on me and would love to help in any way that she can.

Thank you for learning about me ☺

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