

YOUNGMINDS

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Provides lots of information and advice

DITCH THE LABEL

YOUR WORLD, PREJUDICE FREE

Provides lots of information and advice,

THE MIX

Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



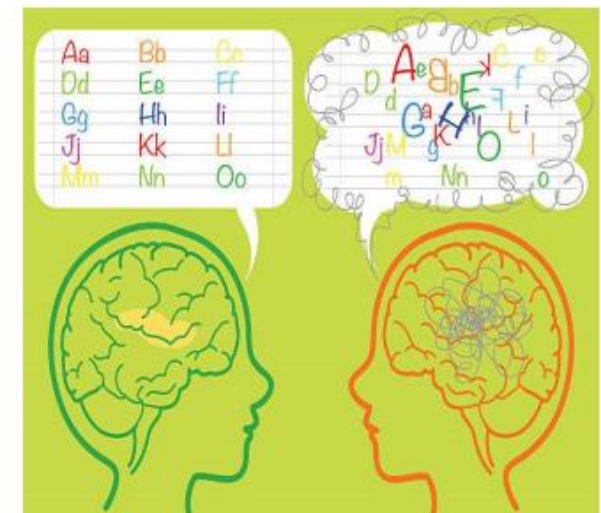
The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Dyslexia



All about dyslexia

Dyslexia is a learning difficulty which mostly affects reading and writing skills.

Dyslexia does not affect intelligence levels.

It is estimated that in the United Kingdom up to 1 in 10 people have some degree of dyslexia.

Dyslexia can cause difficulty with processing and remembering information that is seen and heard. This can affect literacy skills.

Dyslexia can also impact on other areas such as organisational skills.

Signs of dyslexia

Each person with dyslexia will experience the condition in a way unique to themselves.

However, some signs are:

- reading and writing very slowly
- difficulty following a series of instructions
- poor or inconsistent spelling
- writing the letters the wrong way around
- difficulty with organisation

Are there any strengths to being dyslexic?

There are many advantages that dyslexics have:

- good at visual thinking (thinking in pictures)
- fast problem solvers
- creative
- great verbal communicators

There are many successful celebrities who have dyslexia such as: Channing Tatum, Orlando Bloom and Tom Cruise

What can help my dyslexia?


If you have been diagnosed with dyslexia then there will be things in place to help you at school and your teacher and teaching assistant will be aware.

When you are at home try reading books about things that you enjoy.

Remember you can always talk to people about your dyslexia, it is nothing to be embarrassed about and talking to people can help.

What other support is there?

Remember you are not alone. There is lots of support out there. You have not done anything wrong and deserve the support!



On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support
Text mermaids to 85258
Lots of support and advice



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