

**Neurodiversity  
celebration  
week  
2024**

# What is neurodiversity celebration week?

Neurodiversity celebration week, is about celebrating the strengths and talents of people with learning differences. Sadly, many people with neurodivergence are misunderstood or treated unfairly.

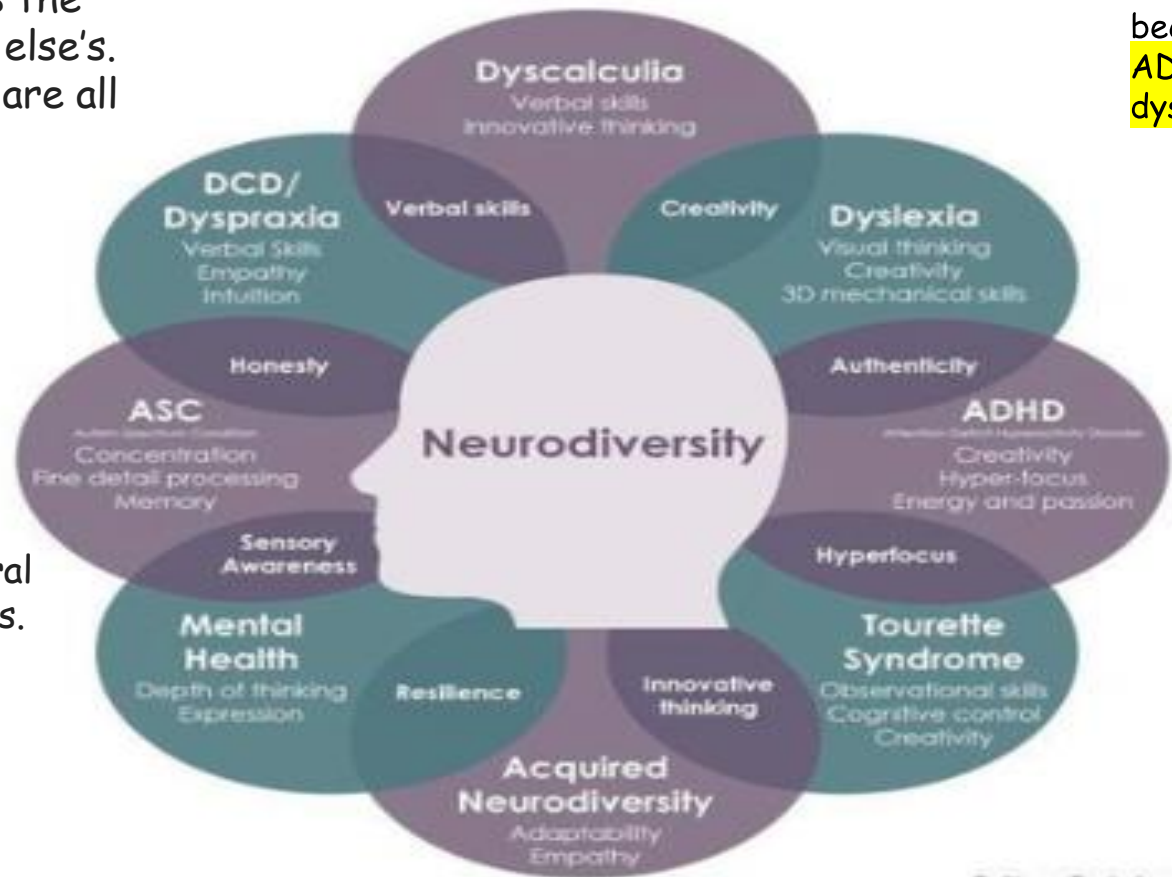
Neurodiversity Celebration Week is one way of reminding everyone of the importance of being kind and accepting of everyone.



We are all unique, and no one's brain is the same as anyone else's. In this way, we are all neurodiverse.

### Did you know?

1 in 5 human beings who 'Think Differently' because of their dyslexia, ADHD, dyspraxia, dyscalculia or autism...



**Neurodiversity** refers to a general diversity of minds.

### Neurodivergence

Neurodivergence is the term for when someone's brain processes, learns, and/or behaves differently from what is considered "typical."

# What are you good at?

- Differences in the way our brains are wired means that you may find some things challenging that others find easy.
- You may also find things easy that other people find challenging.



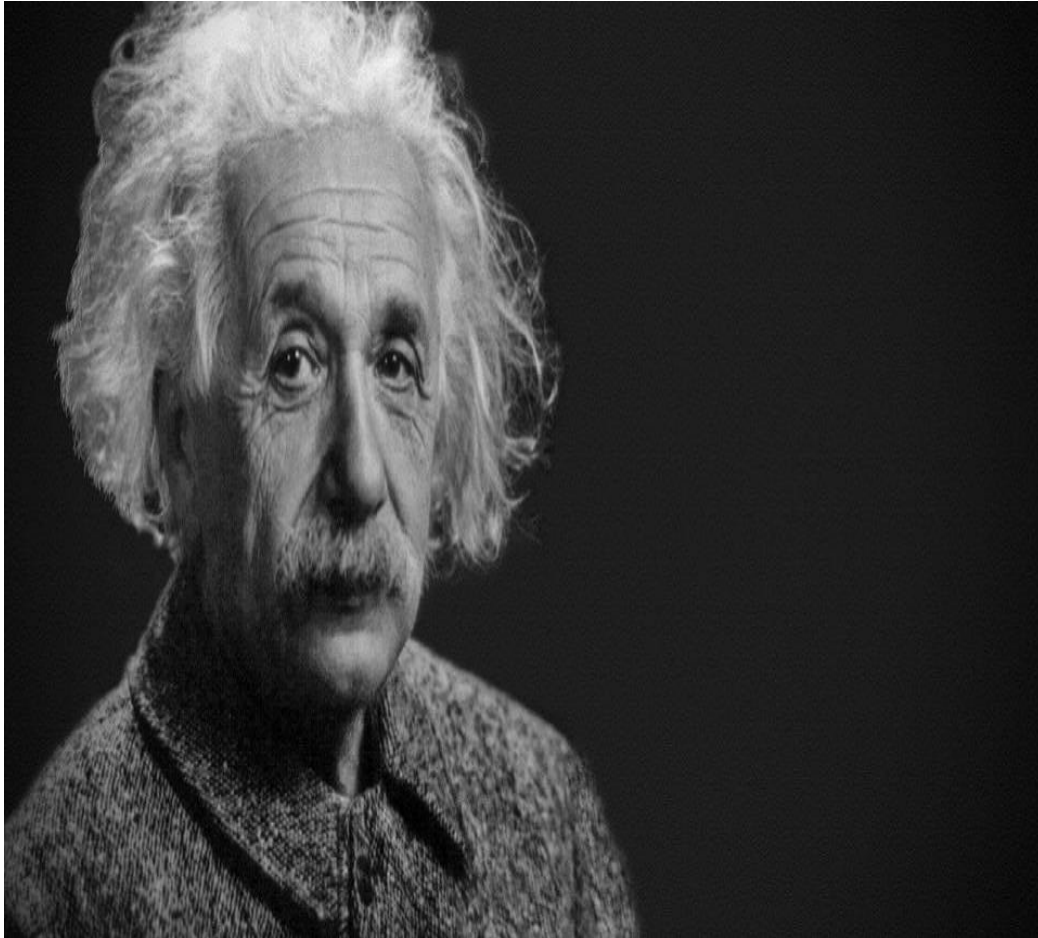
What are you really good at?



What do you find difficult?

We are all neurodiverse and some of us are neurodivergent. Let's find out about some well known people who have used their neurodivergence as their superpower...





**Albert Einstein, is widely acknowledged to be one of the greatest physicists of all time.**

Albert Einstein didn't receive a diagnosis of neurodivergence in his lifetime, but many people believe that he showed traits that are associated with autism and dyslexia. Autism can affect social communication and interactions, behaviour and emotions. Autistic people often display traits such as great attention to detail, strong focusing skills and creativity.

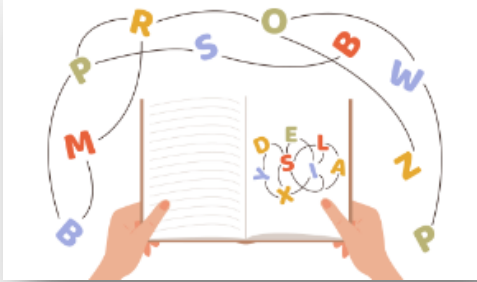


**Emma Watson, the actress who played Hermione Granger in the *Harry Potter* films.**

Emma Watson was diagnosed with ADHD in childhood. The condition affects people's behaviour, so those who have it can seem restless, may have trouble concentrating and may act on impulse. However, people who have ADHD are often great problem-solvers, and often display energy and enthusiasm.



# Dyslexia



Often great at talking,  
solving problems and  
being creative



May find reading, writing  
and memory tricky



**My dyslexic thinking means  
I don't just think outside the  
box... I think outside  
the planet.**

Maggie Aderin-Pocock, Space Scientist





## Ingvar Kamprad, the founder of IKEA.

Ingvar Kamprad had both ADHD and dyslexia. He chose to give IKEA products their distinctive Swedish names because his diagnosis made it difficult for him to work with typical inventory numbers. This is just one way in which Kamprad adapted and used creative thinking to manage how his neurodivergence affected him.

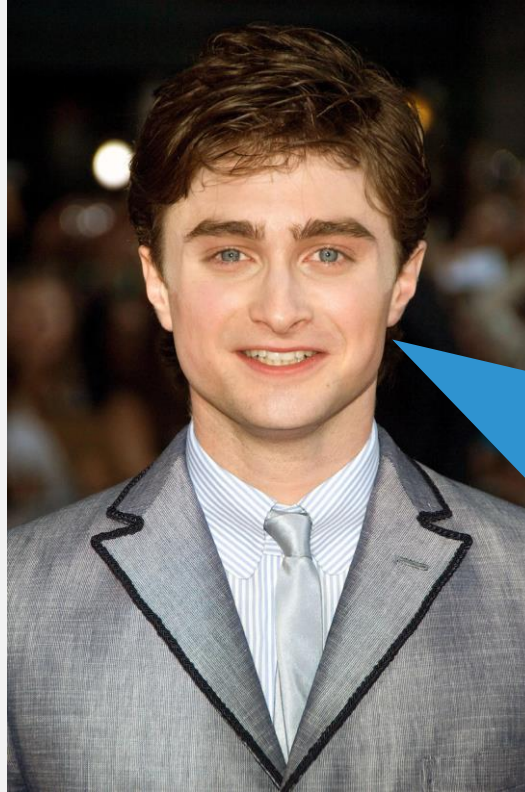
# Dyspraxia



Often great at having original ideas, solving problems and being determined



May find coordination and movement tricky



“Do not let it stop you. It has never held me back, and some of the smartest people I know are people who have learning disabilities.”

The fact that some things are more of a struggle will only make you more determined, harder working and more imaginative in the solutions you find to problems.”

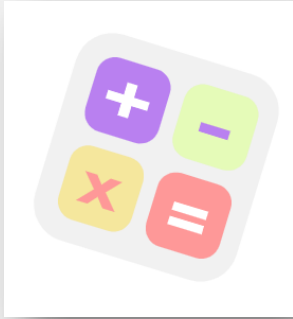
Daniel Radcliffe,  
Actor



## **Jason Arday - youngest UK professor**

Jason Arday, a Sociologist who has a diagnosis of autism. He became Cambridge University's youngest black professor. Jason Arday was unable to speak until he was 11 and could not read or write until he was 18. His challenges made him even more determined to succeed.

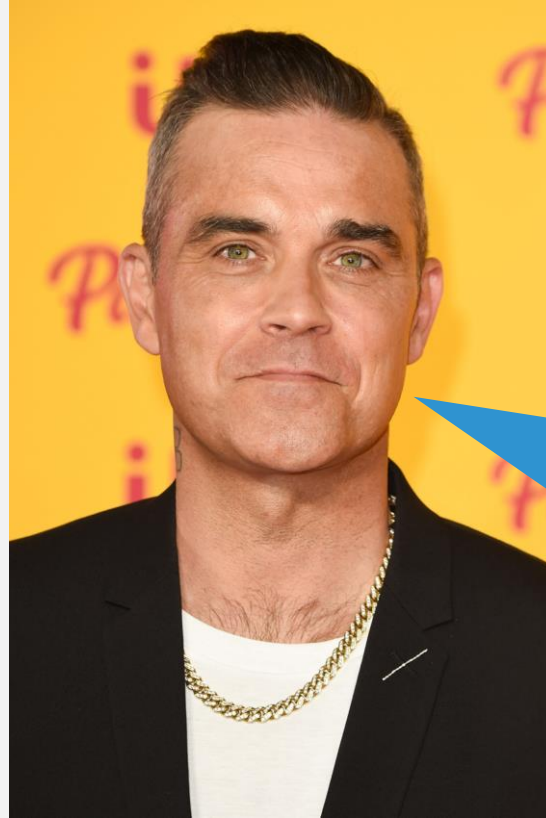
# Dyscalculia



Often great at solving problems and thinking big thoughts



May find maths tricky



"You are astonishing, you just don't know it yet."

"I'm surrounded by incredibly successful people and most of them are like you and I."

Robbie Williams,  
Singer



## **Billie Eilish, the American singer-songwriter.**

Billie Eilish has said that she was diagnosed with Tourette's syndrome as a child. The condition causes people to make involuntary sounds and movements called tics.





## Whoopi Goldberg - Actress and comedian

Whoopi Goldberg is one of America's most successful female artists. She struggled as a child because her dyslexia was not diagnosed early. However, she had a supportive family and teachers who adapted scripts to help her learn her lines and she found different ways to memorize lots of information. She believes her dyslexia gives her an advantage because her brain puts information in her head differently and more interestingly.





## **Greta Thunberg, the Swedish environmental activist.**

Greta Thunberg was diagnosed with autism as a child. In 2019, she tweeted that her autism had limited her before, but now she regarded being different as a superpower. It allows her to be often great at remembering things, solving problems, knowing lots and being honest.



## Simone Biles - American Olympic Gymnast

She is now the most decorated female gymnast in history with 33 medals from international competitions, including the Olympics. Simone has ADHD.



## Lewis Hamilton - Formula One Racing Driver

Lewis Hamilton holds the records for most number of wins, pole positions and podium finishes. He also has a diagnosis of ADHD and dyslexia.



## Jessica- Jane Applegate

Jessica - Jane Applegate is a British Paralympic swimmer. Applegate competes in the **S14 classification** for swimmers with intellectual disabilities, mainly freestyle and backstroke preferring shorter distances. She qualified for the **2012 Summer Paralympics** and on 2 September, Applegate won the gold setting a Paralympic record in the S14 200m freestyle. Jessica has autism.



## Will I Am - Musician

**William Adams** known professionally as **will.i.am** (pronounced "will I am"), is a very successful American rapper, singer, songwriter, and record producer. He has ADHD and believes it has fuelled his creativity.





## Jamie Oliver - Celebrity Chef

**Jamie Oliver MBE** is an English **celebrity chef**, restaurateur and cookbook author. He is known for his casual approach to cuisine, which has led him to front numerous television shows and open many restaurants.

In 2005, Oliver initiated a campaign originally called "Feed Me Better" to move British schoolchildren towards eating healthy foods and cutting out **junk food**. As a result, the British government also pledged to address the issue.

He has dyslexia and believes that having dyslexia has made him more resilient because he always had to have to problem-solve.



The theme for Neurodiversity Celebration Week 2024 is ***"Empowering Neurodiverse Voices - Building a Culture of Inclusion."*** This theme underscores the importance of amplifying the voices of neurodivergent individuals and creating environments where they feel valued, respected, and included.



At Holmleigh, we believe in the importance of everyone feeling valued, respected and included in all that we do at our school. We always want to strive for better so this year we are all going to NOTICE...

# NOTICE...

- When someone needs support
- What we can do to help someone to feel more comfortable
- When someone needs up to listen
- Each others talents
- When someone needs encouragement
- When we feel dysregulated
- When we need to ask for help
- kindness

