

16/06/2017

Dear Parent / Caregiver,

It has come to our attention that some students are bringing 'fidget spinners' to school. While these spinners are being regarded by some as a tool to assist those students who are diagnosed with ADHD, autism and anxiety, it is also being seen by many as a tool that can be distracting and, in some cases, dangerous. We have therefore made the decision to ban these spinners and to inform you that the spinners should not be coming to school.

There is no available research to support the positive impact that these spinners have on students' ability to concentrate and retain their attention, thus improving learning outcomes. In fact, many psychologists and other health professionals are reporting that these spinners are more of a distraction than a benefit to children's learning.

Below is an extract from The New Daily Online from Dr Stuart Johnstone (University of Wollongong – Psychology and ADHD expert):

However, he (Dr Johnstone) said there was an absence of studies into the impact of fidget spinners on mental health or cognitive functioning.

*Fidget spinners are "very, very different to these things (referring to other devices to assist students with this need), it's a toy which you essentially **play** with, **not** a proven beneficial device", he said.*

If you wish to read the entire article, please use this link to find the article online:

<http://thenewdaily.com.au/life/wellbeing/2017/05/04/fidget-spinners-adhd-autism-anxiety/>

At Bellmere, we can provide alternative solutions that have proven to be successful and are more suitable to the school environment to support students. We are happy to discuss this option with you.

Thank you for your understanding and co-operation.

Kind Regards,

Deb Lorroway
Principal