

DYSLEXIA

BAINSFORD PS



Meet our Dyslexia Ambassadors & Dolphins

Alice, Preston, Summer,
Aylin, Travis, Oscar, Ava &
Quinn



WHAT IS DYSLEXIA?

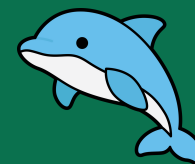
Dyslexia can be described as a continuum of difficulties in learning to read, write and/or spell, which persist despite the provision of appropriate learning opportunities. "Dyslexia Scotland".
Dyslexia is a learning difference that is common. The brain simply works in a different way.

FACTS ABOUT DYSLEXIA

Dyslexia has NOTHING to do with intelligence.
Everyone is UNIQUE. Everyone with Dyslexia is different.
Dyslexia is LIFE-LONG and it often runs in families.
They say at least 1 in 10 people have Dyslexia.
Lots of famous and very successful people have Dyslexia – Albert Einstein, Muhamad Ali, Jamie Oliver, Tom Cruise, Richard Branson, Mollie King.

STRENGTHS & CHALLENGES

- People with Dyslexia have strengths and challenges. Here are some of them that we know –
- **Strengths** – Creativity, people skills, good at problem solving, we have big picture thinking
- **Challenges** – Reading, Spelling, Writing, Time management, remembering things



WE WOULD LIKE TO SHARE OUR STORIES WITH YOU

"I have Dyslexia. I am here to help you understand more about dyslexia and tell you about my strengths and challenges. I feel my strengths are me being creative, I'm a good team player and good with people. I am a good talker now – but I wasn't before! Since I got help and was told I have dyslexia, I find it much easier to talk to others and I don't stutter as much. I suppose I'm less nervous and so it all seems easier. My biggest challenges are in Literacy. I have a weird fear of spelling short words and get anxious when writing without support. Sometimes my words even seem all jumbled. Before I knew I was dyslexic, I felt upset. I didn't want to go to school sometimes as I felt self-conscious. I used words like "I'm stupid and I'm dumb" and I got very frustrated at home when I was doing homework. Now I know I am dyslexic, I feel so much better. I am more confident, I'd say confident as ever! I get help at home and at school."

"I have Dyslexia. Before I found out I had Dyslexia, I always thought that I was bad at everything. Well not everything because I was always good at Maths and Technology. My teachers or parents would tell me what to do but then I would forget what they had said and I'd get into trouble for keeping asking the same things again and again. I HATED Literacy every time I did it and I got angry because I couldn't understand why I could not do it. So I just kept quiet and said nothing. Sometimes I would just copy ideas off the board, especially when I was younger but then that was wrong. I felt like I was pushed to do things at home and in school that I just couldn't manage. I feel totally different since I got help and was told I was Dyslexic. I don't feel pressure anymore and I use all the tools I need to support me. Life is so much easier."

There is also a great website for children and young people aged 8-18 with dyslexia. We think you should check it out!
dyslexiascotland.org.uk/unwrapped/

"Hi, I am Dyslexic. When I didn't know I felt good and when I did know I felt good! But I had lots of challenges when I didn't know that I don't have now. I stopped doing homework at home because I just got upset and didn't know why I couldn't do it. I used to feel anxious all the time. I also found it really hard to concentrate. But now I get help and find things easier, now I have a reason. At home my parents give me smaller instructions so that's easier. I get to use an iPad and things in school to help. I do stuff in wee groups too."

"I am Dyslexic. Before I knew I used to think I was useless and dumb. I was embarrassed because I couldn't understand things that other people could. I used to cry and get upset at home. But now I feel happy since being told I was dyslexic. I use an iPad to help me in school too which is really good. I don't feel lonely anymore and I know there are other people like me. I feel like I have people to support me and Miss Buick helps me talk about it and I know I shouldn't be harsh on myself and just love me. I have lots of strengths"

Thank you for reading this leaflet and we hope you know more about dyslexia than you did prior to reading this!

