

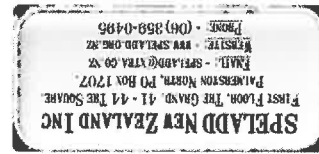
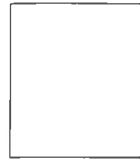
# UNLOCKING LEARNING

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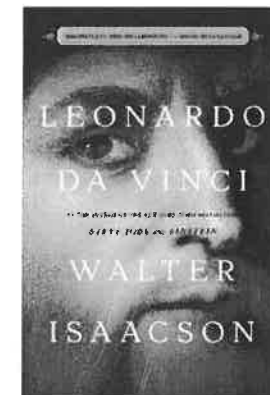


**Renaissance man**— excerpt from “Leonardo da Vinci” by Walter Isaacson, the “Listener” November 2017

Few men were as polymathically\* brilliant, or as downright weird, as da Vinci. From a distance, the master painter, sculptor, scientist, architect and engineer’s intellect seems remote, god-like; up close, he’s more human. He struggled with arithmetic and Latin; he was a habitual fantasist. He lived in a state of constant obsession but constant distraction - his great mind’s great flaw was that it rarely finished anything.

Early in da Vinci’s career, the Duke of Milan commissioned him to build a large statue of his father on a horse. Da Vinci focused on the horse and spent months obsessively drawing them, which led to a scientific study of horse anatomy, which led him to begin writing a definitive treatise on horses, which led to the architectural study of stables, which led him to design elaborate machinery for stable cleaning. The machines were never constructed, the treatise was never completed and the statue was never built.

Isaacson’s book is structured on a series of chronological essays on da Vinci’s life based on the contents of his notebooks, which teem with sketches, landscapes, lists experiments, stories, scientific theories, ideas, portraits of gender fluid angels and autobiographical notes. One art historian referred to them as, “the most astonishing testament to the powers of human observation and imagination ever set down on paper”.



There are about 7200 pages of these notes extant (surviving), representing about a quarter of what he wrote during his life. This trove from the 15<sup>th</sup> century is a higher percentage, Isaacson points out, than the emails and documents he was able to recover from Steve Jobs’ digital archives

from the 1990s.

Drawings from the notebooks are reproduced throughout the text, along with High Renaissance paintings and sculptures. It’s a beautiful book: Isaacson is a fine writer, but I spent most of my time staring at the pictures. Many of them are, of course, incomplete, including the *Mona Lisa*, which da Vinci spent 16 years perfecting, painting by day, spending his nights in a morgue, studying facial tissue by peeling the flesh off corpses, to capture history’s most famous smile.

Isaacson’s portrait of the artist doesn’t cut that deep, but 500 years after da Vinci’s death, he takes us as close as we can get.

\*a polymath – knows a lot about much.

## SPELADD Fundraising Art Auction

Venue: Community Centre 569 Ferguson St. Palmerston North.

7<sup>th</sup> April, doors open 3pm for viewing, auction starts 5pm

\$5 entrance fee, EFTPOS available.

Afternoon tea provided.

Donations of art, sculpture, crafts, antiques, glassware etc. to Taylor Jensen art gallery  
George St upstairs diagonally across from the main Library entrance from 10 am.

Art auction Saturday 7<sup>th</sup> April 2018 @ the Community Leisure Centre

The magazine was produced & designed by: SPELADD Office Staff

**From the president**

The 1990s saw an increase in the understanding of ADD/ADHD. By the 2000s, many people were saying it was the flavour of the month and over diagnosed. However, a thesis report to the community by a Massey student revealed under diagnoses, especially for ADD and girls. The awareness of Autism/Asperger's syndrome came in the early 2000's. Regarding the people I've been working with over the last few years, I've noticed that many have multi syndromes, with few symptoms of each, often not enough for a simple diagnosis. Some have mild aspects of dyslexia, dyscalculia (maths), ADHD and Asperger's. Add them together though and it means learning and life is not easy.

Many with ADHD and Asperger's are also likely to have poor fine motor (handwriting) and/or gross motor (sports) difficulties. Oppositional Defiance and poor social skills also have to be managed. Manipulation occurs so negotiating abilities have to be taught.  
We welcome Jess back as our assessor.

Regards  
Elizabeth Manson

**Micronutrients help kids with**

**ADHD** By Cecile Meier Taken from:

The Dominion Post Oct. 3, 2017

At the age of 9, Isaiah Godfrey was unable to tie his shoelaces or brush his teeth. He had been expelled from six preschools and several schools because of his severe attention deficit hyperactivity disorder (ADHD). Now at 13, he can jump off 10 steps on his skateboard and has caught up on six years of school. His mother, Erica Godfrey, credits micronutrients for his "amazing progress". Isaiah is one of the many success stories from a University of Canterbury (UC) trial, which found specialist vitamins and minerals reduced aggression and improved emotional regulation in children with ADHD. The results were published in *The Journal Of Child Psychology And Psychiatry* yesterday. When Erica Godfrey heard of the trial in 2013, she thought she had "nothing to lose". Isaiah's ADHD escalated after the February 2011 earthquakes and his local hospital recommended taking him off medication after

a higher dose led to heart problems. Before that, he had tried all types of ADHD medication and they made his anxiety worse. He became "zombified enough to sit in school but the exuberant little boy I knew was gone". Isaiah also developed a throat tumour, which required surgery every six weeks. After six months on micronutrients, his behaviour improved. He caught up with school and learned to skateboard. "It's absolutely saved our lives as a family." Erica Godfrey would not have tried the micronutrients if it was not for the trial, as the cost – about \$200 a month – was prohibitive. After the trial, Godfrey was able to get a psychiatrist to sign a letter for Work and Income to cover the price through a disability allowance. Researchers, led by UC clinical psychologist Julia Rucklidge, split 93 medication – free children with ADHD aged between 7 and 12 into two groups. They gave a placebo to one group and micronutrients to the other for 10 weeks. Nearly half of those on micronutrients had improved emotional regulation and reduced aggression. Micronutrients were not approved medicines but people could buy them from an Auckland Distributor with their GP's permission for up to \$200 a month.



Activity Page

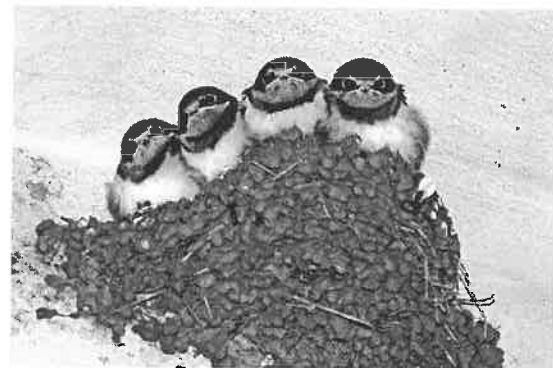
One Monday morning last November, the water blaster man came to The Grand to clean the outside of the building and the balcony where the swallows had their four nests. He blasted all the nests away.

Not much time had passed before they made one new nest and laid more eggs.

The swallows often fly into the office. The best way to get them out is to - - - -

Finish the story by using Morse Code.

—    .. —    . — .    — .    — — — —    .. — .    .. — .  
 †    —    —    —    —    —    —    —  
 —    ....    .    . — ..    ..    — — .    ....    —    ...  
 —    —    —    —    —    —    —    —    —    —    — .



Four baby swallows. How do they all fit in this small nest?  
Their nests are made of mud, twigs and grass.

Which word or words in the story rhyme with: -

- 1) fast, past    — — — —    2) pour    — — — —
- 3) sand, band    — — —    4) yellow    — — — — — — — — s

**ADHD and Autism** share many common symptoms. That's why it's not unusual for one condition to be mistaken for the other in the earlier stages.

<https://www.healthline.com/health/adhd/autism-and-adhd>

	ADHD symptoms	Autism symptoms
Being easily distracted	X	
Frequently jumping from one task to another or growing bored with tasks	X	
Unresponsive to common stimuli		X
Difficulty focussing or concentrating and narrowing attention to one task	X	
Intense focus and concentration on a singular item	X	X
Talking non-stop or blurting things out	X	
Hyperactivity	X	
Trouble sitting still	X	
Interrupting conversations or activities	X	
Lack of concern or ability to react to other people's emotions or feelings	X	X
Repetitive movement, such as rocking or twisting		X
Avoiding eye contact		X
Withdrawn behaviours		X
Impaired social interaction		X
Delayed developmental milestones		X

**Understanding the combination:**

For many years, doctors were hesitant to diagnose a child with both ADHD and ASD (Autism). For that reason, very few medical studies have looked at the impact of the combination of conditions on children and adults.

The American Psychiatric Association (APA) stated for years that the two conditions couldn't be diagnosed in the same person. In 2013, the APA changed its stance. With the release of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), The APA states that the two conditions can co-occur.

In a 2014 review of studies looking at the In a comorbidity (co-existing conditions) of ADHD and ASD researchers found that between 30 to 50 ~~no~~ percent of people with ADHD also have symptoms of ASD. Researchers don't fully understand the cause for either condition, or why they occur together so frequently. Both conditions may be linked to genetics. One study identified a rare gene that may be linked to both conditions. This finding could explain why these conditions often occur in the same person. More research is still needed to better understand the connection between ADHD and ASD.

**MORSE CODE**

A --	J ----	S ...	1 -----
B ----	K ---	T -	2 -----
C ----	L ----	U ...	3 -----
D ---	M --	V ----	4 -----
E .	N --	W ---	5 -----
F ----	O ---	X ----	6 -----
G ---	P ----	Y ----	7 -----
H ....	Q ----	Z ----	8 -----
I ..	R ...	0 -----	9 -----

**What is Morse Code?**

LOL! BFF! IDK! Think about how convenient it is to send a text message. With the typing of a few letters on a mobile device, you can send a message for someone else to read. Well, long before there were cell phones and text messages, there were telegraphs and Morse code.

**Morse code** is a communication system that represents the alphabet and numbers with a series of dots, dashes or a combination of both. The dots are the short sounds and are also known as *dits*. The dashes are the long sounds and are also known as *dahs*. Because you can also tap out the dots and dashes, Morse code can be both seen and heard

swallow



The Grand



Balcony



Water blaster

## Exploiting ADHD's superpower

"Manawatu Standard", October 27 2016

Catrin Owen - reporter

Chris McKinney is the managing director of Technical Futures, a recruitment business based in Auckland, and also manages his ADHD.

Chris McKinney says he has good days and bad days.

He was diagnosed with Attention Deficit Disorder (ADD) when he was 18 and has been managing it ever since.

"I never had the hyperactivity, I didn't do badly at school but I didn't really do well either.

As a child I was really good at some things and not at others."

ADD and ADHD (Attention Deficit Hyperactive Disorder) affects 2-5 percent of all children.

While some children may grow out of it, between 50 and 70 percent will have symptoms causing impairment as they head into adulthood.

ADHD New Zealand chair Darrin Bull says it is important to understand the power of ADHD rather than focusing on the negatives.

Although growing up with ADD, McKinney was unaware he had it.

"I do get distracted and those things that sit around the edge of the disorder are the things you really struggle with like self-worth and self-esteem issues", McKinney says.

However, he's learnt to live with the disorder through healthy eating and exercising.

"I don't think I've managed it well all the time, but I've found a really solid way to manage it.

### Activity page answers:

turn off the lights

- 1) last
- 2) four
- 3) and
- 4) swallow

Fundamentally it comes down to self-esteem and exercising . . . I've dropped 15kg which has made me feel better about myself and exercise produces dopamine which I don't have enough of."

McKinney occasionally uses medication but it's only when he gets overloaded at work.

"I think I get to a point where I can't manage it, Ritalin helps me to do that but it also takes a bit of me away and that's why I like to exercise and eat healthy."

McKinney thinks the condition is poorly understood and would like to see increased awareness of the disorder in New Zealand. He says he's been labelled as "lazy" but due to the disorder he will forget things and be late.

"I reckon there needs to be heaps more done with kids and in schools to teach them they're not bad or stupid and learn to embrace all the good parts and manage the bad parts.

"The hyper-activity is often looked at as being a behavioural problem rather than a medical problem," McKinney says.

The managing director has learnt to manage the things he's good at and delegate the tasks he's not.

"I guess I wouldn't not have it, I love who I am and I like the way I think and act. "The big thing is for people not to get hung up on the fact they've got it, but celebrate it."

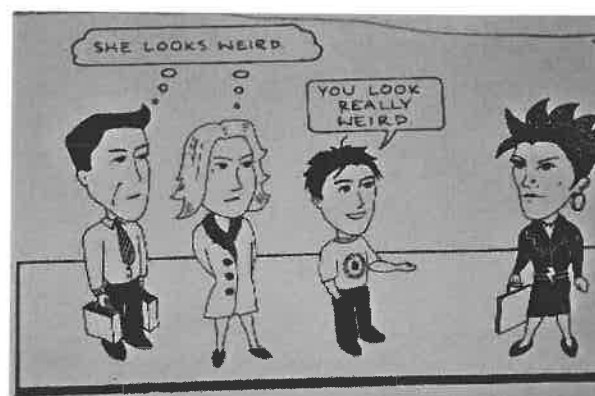


The views expressed in this newsletter are not necessarily the views of SPELADD NZ INC

## Excerpt from "NEUROTRIBES The Legacy of Autism and the Future of Neurodiversity"

By Steve Silberman.

If Robert represented a classic case of Asperger's syndrome, it was clearly a disorder of degree, and gauging the degree of social impairment is highly subject to social context. "As I explain to parents, the cure for Asperger's syndrome is very simple—it is not surgery, medication or intensive therapy," says Tony Atwood, one of the world's leading authorities on the subject. "It is taking your son or daughter to their bedroom, leaving the bedroom, and closing the door. You cannot have a social deficit when you are alone. You cannot have a communication problem when you are alone. Your repetitive behaviour does not annoy anyone when you are alone. All the diagnostic criteria dissolve in solitude. That's why teenagers with Asperger's are reluctant to leave their bedroom for school: the signs of autism, and the degrees of stress and withdrawal, are proportional to the number of people present."



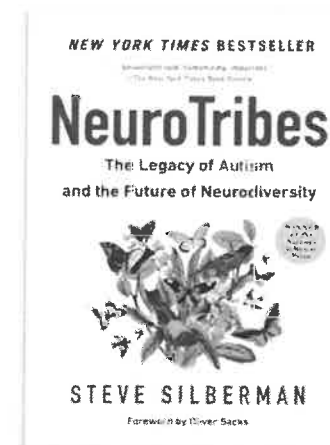
It's OK to think something in your head, but it may not be OK to say what you are thinking out loud

From "What is Asperger syndrome and how will it affect me?" A guide for young people.

Left to his own devices, Robert might not have experienced himself as mentally ill at all, though he certainly could have developed an anxiety disorder from being perpetually grilled by men with clipboards. Given a technology that enabled him to communicate with like-minded young people, he might have encouraged them to feel that their problems originated not in themselves, but in the system that had branded them diseased and inferior.

Considerations like this in psychiatry are usually left to sociologists, but they would come back to haunt the editors of the DSM-IV once the criteria for Asperger's syndrome were set loose in the wild. Few members of the Volkmar's subcommittee could have predicted that the term *Aspie* would become a badge of honour and defiant pride within a decade, even for

those without an official diagnosis. The genie of autistic intelligence was poised to escape the bottle in which it had been trapped for fifty years.



<https://www.psychologytoday.com/.../giving-unconditional-love-even-when-its-not-ea...>

Jun 7, 2011 - Children (And Teens!) need parents who can give them unconditional love and unwavering support. If there is ever anything that gets in the way of your being able to do this, don't hide in shame. Instead, take the steps to fall back in love with the child.