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## **ADD/ADHD Parent Lunch & Learn**

The Bulloch County Board of Education is hosting a Lunch & Learn to educate parents about Attention-Deficit/Hyperactivity Disorder on Tuesday, Feb. 5 from 12:00 p.m. to 1:30 p.m. at Sallie Zetterower Elementary School in the media center. Free lunch and childcare will be provided for parents.

ADHD is one of the most common neurodevelopmental disorders among children, according to the Centers for Disease Control and Prevention. Bulloch County Schools psychologists, Dr. Bruce Rogers and Dr. Ashlee Redding are speaking at the event.

School psychologists are licensed to assess, diagnose, and treat psychological disorders and behavioral issues pertaining to mental health. They possess the highest training requirement for an entry level position in the school system, according to the Georgia Association of School Psychologists.

Rogers and Redding will discuss the definition of ADHD, prevalence rates, basic neurobiology and coping strategies for children. All unanswered concerns will be addressed in a Q&A session after the presentation.

ADHD is not a learning disorder, it's a "brain disorder" that affects every aspect of an individual's life, said Rogers. "When I was in graduate school, one of my professors likened ADHD to Diabetes. If your child had diabetes, would you not want to give them insulin? The same thing applies to ADHD and medication."

ADHD can be diagnosed as three different types: predominantly inattentive, predominantly hyperactive, or a combination of the two, said Rogers. Symptoms are apparent at home and school and may cause kids to act impulsively, be disorganized, behave poorly, get bad grades, zone out or miss appointments, said Redding.

Rogers has ADHD and says that, “It can be a plus or a minus. You can harness it, and some ADHD kids are great multitaskers. Then some kids, it really does interfere with a lot of different things.”

ADHD symptoms are expressed differently in boys and girls. While boys are often hyperactive, girls tend to be inattentive. “A lot of times in school, the boy is bouncing around like a piece of popcorn and the girl is usually sitting in the corner,” said Rogers. “So, the boy gets noticed and the girl gets missed because they don’t see that she’s not paying attention.”

The impulsivity component of ADHD triggers some kids to be emotionally impulsive and struggle with the regulation of their emotions, said Rogers. “They could be happy, then they’re suddenly sad, and then they’re happy again.”

“Over the last five years, 78 percent of school psychologists reported being involved with crisis cases of depression, anxiety, or an eating disorder, and 33 percent reported handling six or more cases,” according to the Georgia Association of School Psychologists. Seating is limited. To RSVP, contact Sherry Jordan, family engagement specialist, at 912-618-0287 or [sjordan@bullochschools.org](mailto:sjordan@bullochschools.org).

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