



**EAST BRIDGFORD ST. PETER'S
CHURCH OF ENGLAND ACADEMY**

***'Together in Achievement'
Take Care***

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Fidget Tools at East Bridgford St Peter's C of E Academy

Fidget Tools can provide several benefits for the children who attend St Peter's especially for pupils who have difficulty focusing or managing their energy levels. It is, however, important for the school to have clear guidelines that ensure that fidget tools are used in a way that supports learning and doesn't become a distraction.

The school may consider allowing a pupil access to a fidget tool if it supports one of the needs outlined below:

Focus and Attention: Fidget tools can help children channel excess energy, enabling them to concentrate better during lessons. The repetitive motion or tactile engagement helps some pupils stay grounded and focused.

Identified Special Educational Needs: For children with ADHD, autism, or anxiety, fidget tools can serve as a calming tool. It helps them self-regulate and manage sensory overload, improving their ability to learn and participate.

Stress and Anxiety: Engaging with a fidget tool can provide a quiet, non-disruptive outlet for nervous energy, making pupils feel more relaxed and at ease during stressful moments like tests or social situations.

Sensory Processing: Some pupils may have sensory processing difficulties, where fidget tools can offer a useful way to engage their sense of touch in a controlled manner, enhancing their learning experience.

Self-Regulation: By allowing pupils to use fidget tools, schools can teach children how to recognize when they need a break or calming activity, which fosters emotional regulation and independence.

When pupils have an appropriate outlet for their restlessness, they are less likely to engage in disruptive behaviours. This can lead to a calmer classroom environment overall and this therefore why St Peter's would support the use of fidget tools.

Purpose and Approval

Fidget tools are allowed as aids to help with focus and self-regulation, not as toys for play. Pupils who require fidget tools for focus or special needs (e.g., ADHD, sensory processing) should have approval from



the class teacher and SEND Lead, Mrs Williams. Children who use fidget tools in school will have this written into their One Page Profile as a “reasonable adjustment”.

If you feel your child requires a fidget tool please complete the [online form here](#), and a fidget tool will be provided by school.

Fidget Tool Selection process

Please see additional document.

Proper Use

Fidget tools should be used discreetly at the student’s desk or in hand, without distracting others.

Pupils should continue to focus on classwork, and the fidget tool should complement their attention rather than take it away.

Fidget tools are not to be shared or traded with other students during class time.

Time and Place

Fidget tools can be used during **class time** when Pupils are seated and expected to focus (e.g., during lessons, individual work).

They are not allowed during tests, assessments, or group discussions unless specified by the teacher.

Fidget tools should be put away during playtimes, transitions, physical activities, or when moving around the classroom.

Teacher's Discretion

If the fidget tool becomes a distraction to the student or others, the teacher has the right to ask the student to put it away.

The use of fidget tools should be monitored by teachers to ensure they remain tools for focus, not distractions. Teachers and support staff should work with pupils to develop correct techniques for the use of fidget tools.

Respectful Use

Pupils must respect classroom rules and fellow classmates' needs for a calm learning environment. Any misuse of fidget tools, such as throwing or causing distraction, will result in temporary or permanent loss of the privilege.

Storage and Responsibility

Fidget tools should be kept in a designated spot when not in use. Each classroom will have a box for fidget tool storage.

Kind regards,

Lucy Williams

SEND Lead



FIDGET TOOL

SELECTION GUIDE

1		Does it fit in the palm of your hand?	YES ↓	NO →	 Sorry, find something smaller.
2		Can it be used one-handed?	YES ↓	NO →	 Sorry, you need to write too.
3		Does it make a noise that can be heard from the desk next to you?	NO ↓	YES →	 Sorry, could be too distracting.
4		If it broke, would it leak any messy substance?	NO ↓	YES →	 Sorry, not permitted!
5		Can you use it without looking at it?	YES ↓	NO →	 Sorry, eyes should be on your work.



GREAT!



Your learning aid should be suitable.

Remember it's for your use only and must not be passed to another student. Your fidget item is a tool not a toy. We hope it helps you succeed in class today.



Final discretion remains with the class teacher and all behaviour systems apply.