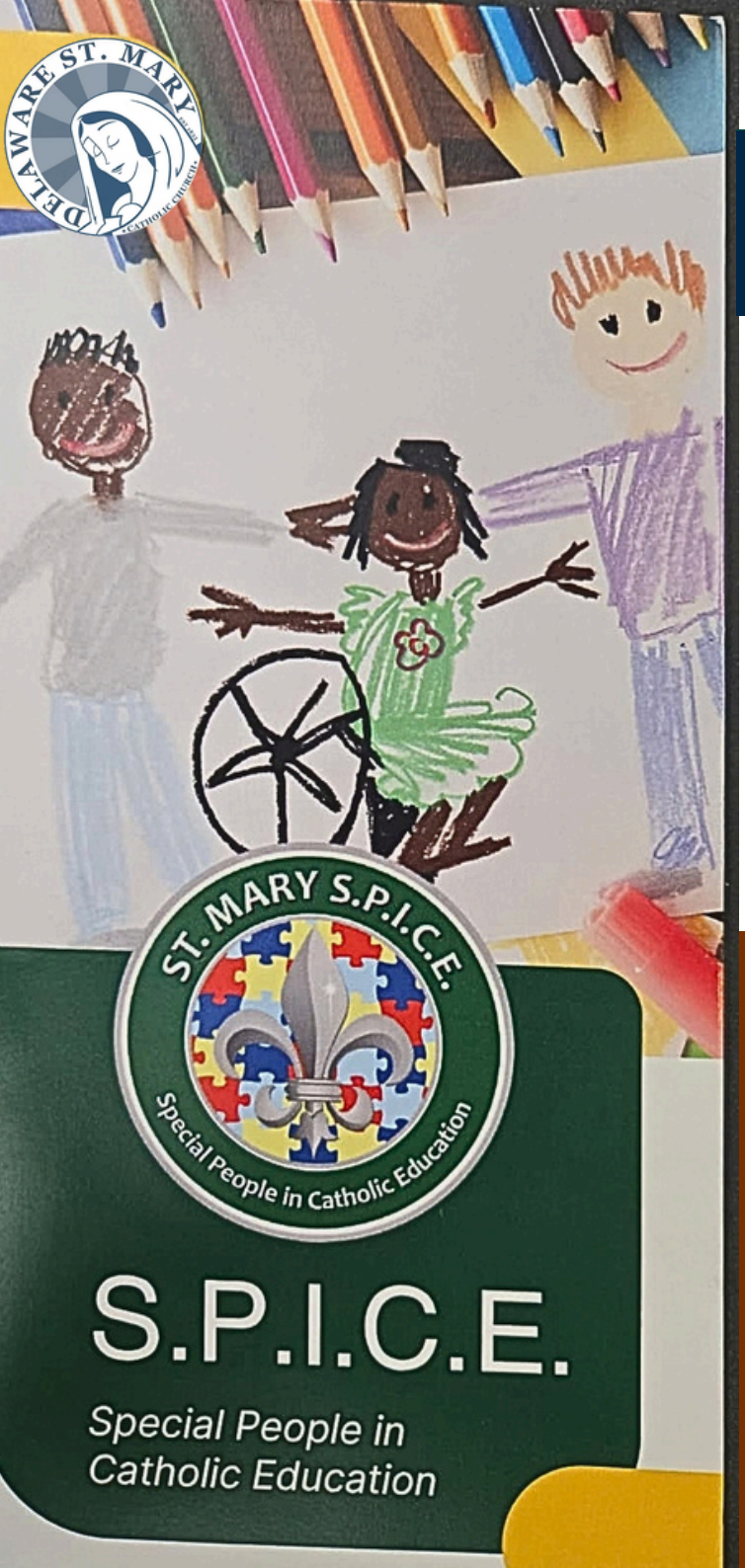


SPECIAL FUNDRAISING INVITATION: HOLIDAY CRAFT BAZAAR



The 2026 ST. Mary Bazaar will be happening on Saturday, November 21, 2026, from 9:00 am to 2:00 pm. Come to celebrate the season with gifts for yourself and loved ones at this festive shopping experience. Shop for quality, hand-crafted holiday décor, home goods, jewelry, bath and body products, fashions and so much more. All sold by the artists! At this event, funds will be sent to the School-Parish Organization (SPO) and to the St. Mary S.P.I.C.E fundraising.

Check this QR Code out to learn more about this event:

Became a volunteer at St. Mary SPICE!

SPICE - Special People in Catholic Education believes all children belong in our parish. We help fund:

- classroom aides, tutors, and interpreters
- teacher and staff continuing education
- classroom support materials
- software/technologies and more.

www.Delawarestmary.org/spice

ST. MARY S.P.I.CE.
Special People in Catholic Education

NEWSLETTER

Fall Season 2026
First Edition



SPECIAL NEEDS AWARENESS



Welcome to our first ST. Mary S.P.I.C.E. Newsletter! We are very happy to present this edition to you, and we appreciate your support in our causes. This Fall Season will present awareness information about ADHD, which stands for Attention Deficit Hyperactivity Disorder.

ADHD

💙 **1. How Common Is ADHD?**
ADHD is one of the most common neurodevelopmental disorders in children and continues into adulthood for many people. Around 5% of children worldwide are estimated to have ADHD, and millions of adults live with it as well. In the United States, about 1 in 9 children has been diagnosed with ADHD. Experts believe many people, especially girls, women, and older adults, may still go undiagnosed because their symptoms can look different from traditional stereotypes.

💙 **2. Different Wiring, Not Broken Wiring:**
ADHD is not caused by poor parenting, laziness, or a lack of effort. It is a neurodevelopmental condition, which means the brain develops and works somewhat differently. Research has found differences in brain areas involved in attention, self-control, organization, motivation, and emotions, as well as in brain chemicals such as dopamine and norepinephrine. These differences can make certain everyday tasks more challenging, but they can also be associated with strengths such as creativity, curiosity, enthusiasm, and problem-solving. Children and adults with ADHD are not broken. Their brains simply process information differently.

SOURCES & FURTHER READING
Fall 2026

- CDC - ADHD Information Center cdc.gov/adhd
- NIMH - ADHD Information nimh.nih.gov/health/topics/adhdCHADD - Children and Adults with ADHDchadd.org
- APA - American Psychiatric Association / ADHD psychiatry.org/patients-families/adhd

SPECIAL NEEDS AWARENESS

💙 **3. How ADHD Shows Up:**
ADHD can look different from one person to another. Some people mainly struggle with paying attention, some are more hyperactive or impulsive, and others experience a combination of both. Parents may notice that a child has difficulty following instructions, staying organized, completing tasks, remembering daily responsibilities, or paying attention for long periods. Other children may seem constantly on the go, talk a lot, interrupt conversations, act before thinking, or have trouble waiting their turn. To be diagnosed with ADHD, symptoms must be present for at least six months, begin during childhood, appear in more than one setting (such as home and school), and interfere with daily life.

💙**4. The Full Picture: Challenges and Strengths**
It's important to see the whole picture. While ADHD can bring real challenges in school, work, and relationships, many individuals with ADHD also exhibit strengths that come with that same wiring — including enhanced creativity, inventive problem-solving, and the ability to hyperfocus on things they love. When the right systems, tools, and environments are in place, that different wiring can produce its best work.

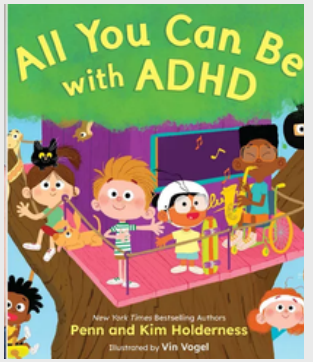
Check this QR Code out to learn more about St. Mary S.P.I.C.E. - Special People in Catholic Education.

GREAT READING

S.P.I.C.E. RECOMMENDATIONS:

ADHD Awareness Book Picks for this season, S.P.I.C.E. recommends two joyful books that help all children understand ADHD as a different way of thinking, not a limitation.

"All You Can Be with ADHD" by Penn and Kim Holderness celebrates strengths, creativity and big energy, showing our students that their unique brains belong.





"Cloud Boy" by Greg Stobbs beautifully illustrates what it feels like when thoughts float, swirl and soar. Both are perfect for reading at home or in the classroom to foster empathy, inclusion and the truth that every child in our parish can shine. Happy reading! ❤️

Contact us at St. Mary S.P.I.C.E.
Special People in Catholic Education
spice@delawarestmary.org
WWW. DELAWARESTMARY.ORG/SPICE
@SPICESTMARYDELAWARE