



The Hill School  
of Wilmington

Hill School of Wilmington • NEWSLETTER • JANUARY 2023

## NUTRITION & ADHD

### Why Sugar is Kryptonite: ADHD Diet Truths



Does an ADHD diet work? According to ADDitude's ADHD Medical Review Panel, yes! Following an ADHD nutrition plan rich in protein and vitamins can help control symptoms of attention deficit hyperactivity disorder. But only if you avoid sugar, artificial flavors, and common allergens as well. Read about what to eat and what to avoid [HERE](#).

#### More resources on Diet & ADHD

- [Does Nutrition Play a Role in ADHD?](#)
- [Diet plays key role in ADHD symptoms in children](#)
- [CHADD: Nutrition and ADHD](#)

# Upcoming Events



The Hill School  
of Wilmington

## ADMISSIONS OPEN HOUSE

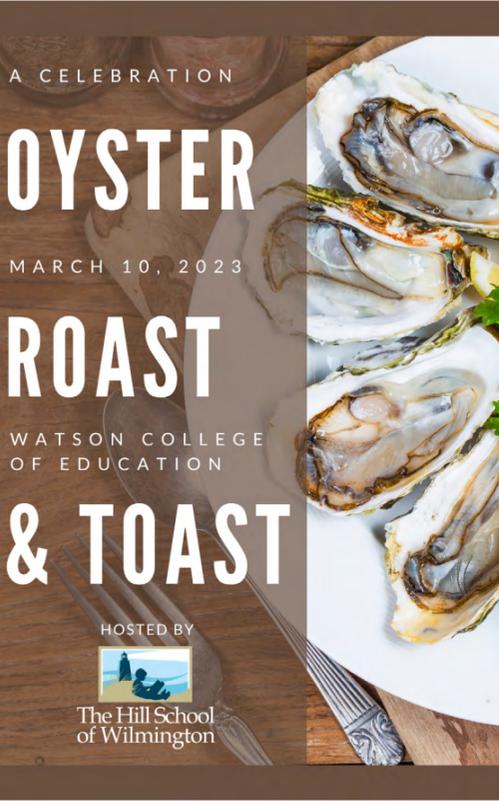
TUESDAY, JANUARY 17

5:30 - 7 PM

3333 Jaeckle Drive, Ste. 140  
Wilmington, NC 28403

Registration is required.

[REGISTER](#)



Join The Hill School of Wilmington for a fun-filled evening as we celebrate another successful year of supporting students with learning differences.

The event will be held once again in the beautiful atrium of UNCW's [Watson College of Education](#). Dinner and live entertainment will be provided and will also include a silent auction. Free parking is available. For more information or to purchase tickets, visit our website.

[Information & Tickets](#)

## Become a Sponsor of our Annual Event

Supporting our event as a sponsor will aid in allowing us to continue to provide much-needed services not only to our students but to the community as well by continuing to offer our outreach workshops and year-long tutoring programs.

Download our Sponsorship [BROCHURE](#) or visit our [DONATION PAGE](#).



### Tech Tips for Student Survival

March 7, 2023 • 6-7 PM

Join us for an online workshop that will explore different ways to use technology to overcome deficits in executive functioning skills and as a way to access and accelerate learning. Topics will include apps, devices, platforms, accessibility tools, and more. [Registration is required.](#)



### Dyslexia Superpowers

April 24, 2023 • 6-7 PM

Did you know that Dyslexic thinking is now a desired trait in many occupations and career paths? Join us as we discuss Dyslexic Superpowers and learn more about common dyslexic strengths and how they may positively define a dyslexic's future. [Registration is required.](#)



All workshops are FREE and will be presented via Zoom. Visit our website at [www.hillschoolofwilmington.org](http://www.hillschoolofwilmington.org) for details or to register.

Help us change lives,  
give a **GIFT** in **HONOR**  
of someone special



[DONATE TODAY](#)

### Resources & Links\*

- [International Dyslexia Association](#)
- [International Dyslexia Association of NC](#)
- [Learning Disabilities Association of America](#)
- [Learning Disabilities Association of NC](#)
- [National Center for Learning Disabilities](#)
- [Learning Disabilities Online](#)
- [Understood.org](#)

For more resources visit our website at [www.hillschoolofwilmington.org/resources](http://www.hillschoolofwilmington.org/resources)

\*The above resources do not represent an endorsement by The Hill School of Wilmington.

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