

September 2024

Dear Year 13 Parents / Carers

Year 13 Academic Development Evening

Thank you for your overwhelming and positive response to our webinar last Tuesday.

At [Action Your Potential](#) we work with schools, colleges, universities, businesses, corporates and individuals to help everyone maximise their potential by working with their brain's systems, rather than getting lost in them. Your children were superb in their engagement and interest. If you have any questions just [email me](#) and watch out for our webinars coming through the Autumn Term for parents at RGS.

We have a podcast to listen to on the school run all about the amazing brain and Season 2 will be available in October. You all have access to the brand new #NeuroNinja hub and information on how to log onto that will be with you very soon.

Our reading recommendations are [here](#), you can follow our [Substack here](#) and below is a copy of the email we are sending students via RGS on Tuesday:

Dear Year 13s

Darren and I were incredibly impressed by all of you when we met last Tuesday.

Our focus was the neuroscience of personal integrity and how the relationship we build with ourselves in terms of trust and resolve is built from the brain up. You will remember we asked you to reflect on areas of confidence and areas of low-confidence. We demonstrated how the brain builds confidence via events and actions. If we set ourselves a goal and our brain sees us carry it out, our confidence builds. If we fail to follow-through, we experience lower self-confidence. In this way personal integrity is a skill we build through our goals and actions.

To support your well-being, you can download our app for free from either Google Play or the App store. When we met, we also mentioned a number of useful resources, links to which you can find below:

- [Study Capture](#)
- [Tackling procrastination course](#)
- Our new AYP [website](#)
- A webinar of the [workshop](#)
- Virtual [daily tracker](#)

We are always interested in your feedback and you can share that with us via this [google form](#). We're looking forward to working with you through the year and you can access lots of resources on the #NeuroNinja Learning Hub.

Yours faithfully

Andrew Wright

darrenwarnerswann@aypuk.com
andrewwright@aypuk.com