

23/01/2023

Dear Parent / Carer,

***Learn Your Brain, Change Your Life - A webinar for all parents, carers and students at the Royal Grammar School, High Wycombe – Tuesday 31 January, 8pm***

We're always looking for ways to support our student and parent / carer community. On Tuesday 31 January, Andrew and Darren from Action Your Potential will be delivering a well-being seminar to all students in Year 10. Action Your Potential's innovative input is all about helping students (and their parents / carers) understand their amazing brains. They use neuroscience, psychology and learning science to help students build daily behaviours that change their world.

On the evening of 31 January, after the day's input to our boys, Andrew from AYP will be running a live webinar for all our parents / carers about how to build great well-being, mind management and unleash learning every day. **The session is open to any parent or carer of the Royal Grammar School.** You can sign up to it for free through a Form found [here](#).

In this live session for parents and carers we will cover how to help our young people build learning and exam confidence, reduce stress, manage worries, and build positive mental health every day. Action Your Potential engages, excites, and informs people about how their amazing brains work so they can get more out of them every day. Here is a short introduction from Andrew of [what to expect during the session](#).

During the session we will cover:

- *Help your child manage and improve their well-being every day;*
- *Help your child manage their worries and respond to anxiety;*
- *Help your child to tackle procrastination;*
- *Help your child to improve their mental health every day;*
- *Help your child achieve their goals.*

Action Your Potential is an organisation that works with over 150 schools across the UK supporting them to support their school communities to build powerful habits of well-being, mind management and learning. A [poster about the session is here](#) and also included in this email. To find out more about the #NeuroNinja programme and Action Your Potential visit their website – [www.actionyourpotential.org](http://www.actionyourpotential.org). To get a flavour of the sort of content they deliver here is one of their [latest videos made for World Mental Health Day](#).

To join this webinar at 8pm on 31 January on [Zoom, click here](#). AYP takes your privacy seriously and won't use this information for anything other than informing you about this course and sharing support resources. [Our GDPR policy is here](#).

Yours sincerely,

**Mr L A Pettengell**  
**Head of Year 10**