

October 2023

Dear Year 7 Parents

### Year 7 Academic Evening for Parents

We're always looking for ways to support our students and wonderful parent community. As you know we work with **Action Your Potential** to support our students' mental health, learning progress and mind management. Our aim is to support every member of our community to become a #NeuroNinja in order to find out all about their amazing brain and enjoy and engage with life to the full. On **Tuesday 17 October** Andrew and Darren from Action Your Potential are running workshops for all our Y7 students focused on supporting them to understand how their brain builds their mind and how their well-being impacts their mood, energy levels, focus and attention everyday. We will also introduce them to their worry system and teach them some powerful daily habits to help them manage their homework and learn more and remember more.

Following on from the workshops for students we're excited to announce the in-person Academic Evening for Y7 parents on **Tuesday 17 October at 19:00 in the Queen's Hall**. To sign up to this in person event at RGS for parents and carers please [click here](#). As a member of our school community you already have access to the #NeuroNinja Learning Hub. You can sign [up to join here](#) if you haven't already done so.

Along with this event AYP are also running the following webinars this term:

- *How Can I Help My Child Build Back from Anxiety* - [sign up here](#)
- *How Can I Help My Child Build Resilience on Thursdays in October and November* [sign up at the link here](#)
- *All Kinds of Mind: Helping My Neurally Diverse Child Learn to Live in Balance in Their Amazing Brain Thursdays at 8:30pm* - [sign up at the link here](#)
- *How to Help My Child Manage Challenge and Change* - [sign up at the link here](#)

If you have any questions about the #NeuroNinja programme please email Andrew Wright - [andrewwright@aypuk.com](mailto:andrewwright@aypuk.com)

Yours sincerely,

Sabrina Lawson  
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