

25 September 2023

Dear Parents/Guardians

Academic Evening - Year 12

As you will be aware, your sons had a study skills workshop last week from Action Your Potential (AYP) in order to help them learn how to revise well and build healthy habits, both physically and mentally. AYP use the latest neuroscience in workshops (for students, parents, and staff), 1:1 and small group coaching and videos on their #NeuroNinja Learning Hub to help everyone across the RGS community to learn about their brain.

On **Wednesday 27 September** we are holding a short virtual Academic Evening from 19:00-19:45 where Action Your Potential will present to you the information that your son has had access to so that you can also understand how your brain works and how best to support your son during his time in the Sixth Form.

The link to access this virtual event is here: [Zoom link](#)

Yours sincerely,

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