

October 2023

Dear Year 9 Parents

Year 9 Academic Evening Recording

On Thursday 28 September we had the privilege of working with your wonderful children. Our workshop focused on learning all about the amazing brain and how it changes throughout our lives. We looked at well-being, positive mental health, the brain's worry system and values and how our beliefs can drive our actions in changing our brain.

The students were brilliant. Please find [the presentation](#) we shared with the students and also [the booklet](#).

Our focus was thinking about our brain's worry system and how to manage it. As members of the RGS community you all have access to [the #NeuroNinja Learning Hub](#) where you can find lots of videos that explain how to get the most out of your amazing brain. AYP takes your privacy seriously - [here is our GDPR policy](#).

On the evening of Thursday 28 September we did a webinar for parents and carers and that is [linked here](#).

We are always interested in your feedback, [you can tell us what you thought here](#).

We look forward to working with you again soon. Don't forget you can change your brain, change your mind and change your world.

If you have any questions about the #NeuroNinja programme please email Andrew Wright - andrewwright@aypuk.com

Yours sincerely,

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Action Your Potential

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