

January 2023

Dear Year 10 Parents

Year 10 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 30 January** Andrew and Darren from Action Your Potential are running workshops for all our Y10 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 Y10 parents on **Tuesday 30 January at 19:00 in the Sixth Form Centre**. 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.

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

Yours sincerely,

Sabrina Lawson
Assistant Head

Andrew Wright
Action Your Potential