

February 2023

Dear Year 10 Parents

Year 10 Academic Evening for Parents - Follow Up Information

What a fantastic turn-out at the live workshop we delivered on Tuesday 30 January. Please find [here a link to the presentation](#) from the evening. If you want to get in touch, email me on andrewwright@aypuk.com (several of you spoke to me at the end of the evening and I am very happy for you to get in contact). We always like to help people and answer more questions. We also wanted to share with you [the booklet we used on the day](#) with the students.

We run Well-Being Work-Outs for our adult clients, businesses and parents, carers and school staff on a Wednesday morning at 8am. Recordings are available on the #NeuroNinja Learning Hub. As parents and carers at RGS you [can sign up to the hub here](#). Here are some more details of the Well-Being Work-Outs.

Well-Being Work-Outs are streamed live every Wednesday at 8am and recordings are available via the #NeuroNinja Learning Hub. To subscribe to AYP's YouTube [channel click here](#). To sign up to receive recordings of the Well-Being Work-Outs after they've been [broadcast click here](#).

Here [is a short video from Andrew explaining](#) how the Well-Being Work-Outs work.

Here are Episodes 1, 2, 3 and 4 as recorded links, just click to watch.

[Ep2 Why do I procrastinate? 10 mins \(10 Jan 2024\)](#)

[Ep3 Why Can't I Sleep? 10 mins \(17 Jan 2024\)](#)

[Ep4 Why Do I Have Intrusive Thoughts? 10 mins \(24 Jan 2024\)](#)

[Ep5 Why Do I Have OCD? \(31 Jan 2024\)](#)

To 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

Royal Grammar School	Telephone	Email	Headmaster
Amersham Road	01494 524955	admin@rgshw.com	Philip Wayne
High Wycombe			
Buckinghamshire	Facsimile	Website	
HP13 6QT 07492198	01494 551410	www.rgshw.com	Registered No.