

6 September 2023

Dear Parents

***'Build a #NeuroNinja Programme' coming to Royal Grammar School High Wycombe - Introductory Webinar for Parents and Carers on Wednesday 13 September - 8pm***

We're passionate here at the RGS about helping every single one of our incredible students achieve their potential. For us it is always about both providing them with an excellent academic experience in our classrooms and exceptional enrichment beyond the classroom. We want our students to be the best they can be every single day and we therefore want to help them build the skills of resilience, positive mental health, mind management and learning that will see them succeeding in perpetuity.

Excitingly, we're joining forces with the team at Action Your Potential (AYP) to be part of the Build a #NeuroNinja programme across our whole school in 2023-24. A #NeuroNinja is someone who understands how their brain works and uses that knowledge to improve daily experiences. Human brains are neurally plastic throughout our lives, so whatever we use them for, they get better at doing those things. This is fantastic if those things are speaking a foreign language or learning to play the guitar; not so helpful if we end up overthinking and worrying and strengthening that architecture instead.

***Getting Excited About Our Amazing Brains***

The AYP team inspires, informs, educates, and enthuses students, parents and carers as well as school staff in learning all about our incredible brains. Using innovative and easy-to-follow metacognitive strategies, Action Your Potential will support our whole school community to change our brain, change our minds and change our worlds. They help people to live in their brains with greater awareness, deploying daily strategies to improve their experience.

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. AYP will work with each of our year groups throughout the year as well as presenting to parents and carers and staff. The goal is to help students learn 14 #NeuroNinja skills divided into 4 strands of personal development:

1. Learning that wellbeing is a skill
2. Unleashing learning
3. Mind management
4. Managing relationships and behaviour

As part of their work every member of our community has access to the #NeuroNinja Learning Hub. On the hub you will find lots of videos covering all aspects of being a #NeuroNinja. To sign up to the [hub click here](#).

***Introductory Webinar for the Whole RGS Parent and Carer Community***

During their visits to RGS throughout the year, our AYP colleagues will be sharing specific information about their work with each year group and with parents and carers. To launch it all and give every parent and carer a flavour of what is to come AYP is running an introductory webinar for RGS parents and carers on **Wednesday**

**13 September 8pm - 8:30pm.** Andrew from AYP will give you an overview of the exciting learning journey ahead. To sign up to this [live webinar click here](#). If you can't make the event live, please still sign up and a recording will be sent to you afterwards. AYP takes your privacy seriously and will only use your details to share the recording with you. Their GDPR policy [is here](#).

Our RGS students are amazing and by helping them build powerful metacognitive skills to manage their well-being, worry system, unleashing learning and memory and building resilience, we will be able to provide them with even more support to achieve their potential.

Yours sincerely

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Assistant Head

Andrew Wright and Darren Warner-Swann  
Action Your Potential