

October 2023

Dear Year 13 Parents

Year 13 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 **Monday 16th October** Andrew and Darren from Action Your Potential are running workshops for all of our Y13 students focused on supporting them to develop their learning, personal organisation and revision skills to help them manage their final year of advanced studies. The programme is called the **Change Your World** programme because we will support students to realise that if they change their brain, they change their mind and change their world.

Following on from the workshops with Year 13 students, we are running an online webinar for parents so they too can have access to this information. To sign up to this webinar (**19:00-19:45 on Monday 16 October**) on Zoom, 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.

Along with this event AYP are also running the following webinars this term:

- *How Can I Help My Child Build Back from Anxiety - [sign up here](#)*
- *How Can I Help My Child Build Resilience on Thursdays in October and November [sign up here](#)*
- *All Kinds of Mind: Helping My Neurally Diverse Child Learn to Live in Balance in Their Amazing Brain Thursdays at 8:30pm - [sign up here](#)*
- *How to Help My Child Manage Challenge and Change - [sign up here](#)*

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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