

November 2023

Dear Year 13 Parents

Year 13 Academic Evening Recording

Just before the half-term break we had the privilege of working with the Year 13s. Our focus was thinking about how to maintain mental flexibility and cognitive bandwidth everyday. 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](#).

Please find [at the link the presentation](#) we shared and [also the booklet we used](#).

On the evening of Monday 16 October we did a webinar for parents [that is linked here](#). We are very grateful to receive feedback and if you could spare a couple of minutes to send us some, [you can do so here](#).

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

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.