

07/05/2024

Dear Parents & Guardians,

**SPRING WELLBEING - YEAR 8**  
**#NeuroNinja Workshop for Parents and Carers - Building Brilliant You!**

Following the students' sessions on relationships last week as part of the Spring Wellbeing week, Action Your Potential are hosting a [webinar](#) for parents and guardians on the key areas they covered.

On **Thursday 23 May at 7pm** Andrew from AYP will share information on the following areas:

- How to build character, resilience & mental flexibility via powerful daily habits
- How investing in personal values can help our children make more effective decisions for their learning, well-being and futures
- The neuroscience of character and positive deliberate choices over impulsive reactivity

You can find more information [here](#). To attend the webinar, please [sign up here](#).

Kind regards

Mrs Jen Turney  
Co-Curricular Support

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