

September 2023

Dear Year 9 Parents

**Year 9 Academic Evening**

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 **Thursday 28 September** Andrew and Darren from Action Your Potential are running workshops for all our Y9 students focused on the topic of **Building Future You: Managing Challenge and Change**.

Following on from the workshops for students we're excited to announce the Academic Evening webinar for Y9 parents on **Thursday 28 September at 19:00**. To sign up to the webinar 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 at the link 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 at the link here](#)
- *How to Help My Child Manage Challenge and Change* - [sign up at the link here](#)

If you have any questions about the #NeuroNinja programme please email Andrew Wright - [andrewwright@aypuk.com](mailto: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.**