

September 2024

Dear Year 12 Parents / Carers

Year 12 Academic Development Evening

Thank you for your overwhelming and positive response to our webinar last Monday.

At [Action Your Potential](#) we work with schools, colleges, universities, businesses, corporates and individuals to help everyone maximise their potential by working with their brain's systems, rather than getting lost in them. Your children were superb in their engagement and interest. If you have any questions just [email me](#) and watch out for our webinars coming through the Autumn Term for parents at RGS.

We have a podcast to listen to on the school run all about the amazing brain and Season 2 will be available in October. You all have access to the brand new #NeuroNinja hub and information on how to log onto that will be with you very soon.

Our reading recommendations are [here](#), you can follow our [Substack here](#) and below is a copy of the email we are sending students via RGS on Monday:

Dear Year 12s

Darren and I were incredibly impressed by all of you when we met last Monday. Your focus and engagement were brilliant, your questions were fantastic and the rounds of applause were very kind.

We talked about the following key ideas:

- *We looked at well-being as a skill to maintain mental flexibility*
- *We asked you to reflect on what you learnt from your recent GCSE experiences and apply that to what needs to be different at A Level*
- *We looked at the danger of high allostatic load, reducing our mental flexibility and increases our procrastination, stress and frazzlement*
- *We looked at key learning strategies for A Level success and introduced to key tools like study capture and Frayer Flashcards*
- *We explored the key elements of planning and explained why we can all suffer from more procrastination when we don't have a plan*
- *We supported you to begin the process of planning*
- *We highlighted the importance of the 12 Rocks to help us maintain mental flexibility and introduced you to the W-Scale.*

To support your well-being, you can download our app for free from either Google Play or the App store. When we met, we also mentioned a number of useful resources, links to which you can find below:

- [Study Capture](#)
- [Tackling procrastination course](#)
- Our new AYP [website](#)
- A webinar of the [workshop](#)
- Virtual [daily tracker](#)

We are always interested in your feedback and you can share that with us via this [google form](#). We're looking forward to working with you through the year and you can access lots of resources on the #NeuroNinja Learning Hub.

Yours faithfully

Andrew Wright

darrenwarnerswann@aypuk.com
andrewwright@aypuk.com