

October 2024

Dear Parents/Carers

### Year 8 Academic Development 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 **Thursday 14 November** Andrew and Darren from Action Your Potential are running workshops for all our Y8 students focused on helping them understand how the digital realm (screens, phones, tablets) impacts on our brains and minds. We will be looking at the evidence from neuroscience of some of the impacts of excessive screen use on mental health as well as helping the students build positive habits and strategies to manage technology effectively. This will, in turn, support their learning, their memory and their mental health.

Ahead of the workshops for students we're excited to announce the Academic Development Evening webinar for Y8 parents on **Wednesday 13 November at 19:00**. To sign up to this online event for parents and carers please [complete this form](#). Nearer the time, you will be sent the Google Meet link. As a member of our school community you already have access to the #NeuroNinja Learning Hub. You can sign up [here](#) if you haven't already done so.

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