

March 2021

Dear Parents, Carers and Children,

Message for the Whole School Community – Build a #NeuroNinja Webinars for parents & carers this term

We're excited to bring you this term's webinars. Each week we will focus on a different skill within the three strands of becoming a #NeuroNinja.

All webinars start at 7:30pm and run for 30mins, there's always time for questions at the end. This term's webinars are:

Well-Being Strand Webinars – [to sign up to these webinars click here](#)

Tue 9th Mar 7:30pm - Why Well-Being Works In Reducing Stress

Wed 10th Mar 7:30pm - Rock 1: Sleep, Why It Is So Good For Us And How To Get More Of It?

Thu 11th Mar 7:30pm - Rock 2 & Rock 7: Exercise & Walking Outside; Why So Good For Our Brains?

Mind Management Strand Webinars – [to sign up to these webinars click here](#)

Tue 16th Mar 7:30pm – Why We Worry And What To Do About It?

Wed 17th Mar 7:30pm – How To Respond Rather Than React To Anxiety

Thu 18th Mar 7:30pm – Why Are We So Hard On Ourselves When We Make Mistakes?

Unleashing Learning Strand Webinars – [to sign up to these webinars click here](#)

Tue 23rd Mar 7:30pm – 10 Leaps In Learning: An Introduction

Wed 24th Mar 7:30pm – How Our Memory Works and How To Improve It

Thu 25th Mar 7:30pm – The Power of Little and Often Learning

We take your privacy very seriously and will only use these data to let you know about these webinars. Our GDPR [policy is here](#).

Webinars are recorded so you don't have to access them live, you can find them on the page for your school on our website – www.actionyourpotential.org. You just need to become a member, instructions [are here](#). Once you're a member click on the webinars button and find your school and use the password nncps20

You will remember our mission to help everyone across the school community to learn all about their amazing brain.

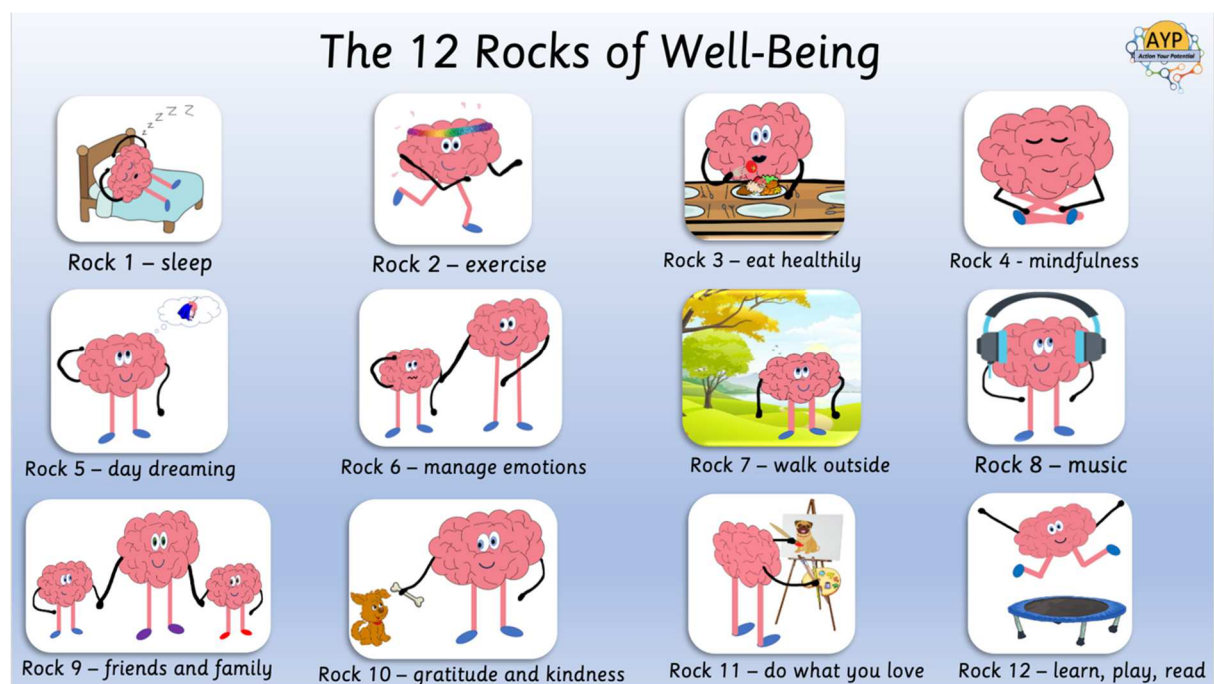
With all this change about right now, a return to school and the preparations everyone is making it is natural for our brains to generate worries, [in this video Andrew](#) explains what worries are in the brain and how to manage them.

Don't forget there's lots of advice and support on the AYP website and we will continue to support you, your children and the whole school community throughout the year.

Yours sincerely

Andrew
Action Your Potential

Rocks of Well-Being Poster overleaf...



12 Rocks Of Well-Being – Weekly Check

mon tues wed thurs fri sat sun

Rock 1 – Sleep – 8-9 Hours a night

Rock 2 – Exercise – 20 mins per day

Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar

Rock 4 – Mindfulness – be present without judgement 5-10 mins

Rock 5 – Mind Wandering – allow your mind to social problem solve

Rock 6 – Manage Emotions – notice, accept, share with trust

Rock 7 – Walk Outside in Nature

Rock 8 – Listen to Music – 20-30 minutes

Rock 9 – Connect meaningfully with friends and family

Rock 10 – Gratitude and Kindness- express both explicitly each day

Rock 11 – Engage in activities important to your life's purpose

Rock 12 – Learn, Play, Create, Read

total

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