

Dear Parents, Carers and Students

The Neuroscience Revolution Is Coming To...Chantry Primary Academy

Chantry Primary Academy is excited to invite you to a series of 3 innovative seminars about our amazing brains for parents, carers and students. As you know we're always looking to support our wonderful parent and student community. Our first seminar takes place on Tue 14 January. Andrew Wright, from local innovative company, and ex-deputy Principal at Uckfield College will take you on a tour through your amazing brains.

Andrew says; " *In the last 10 years we've learnt more about the brain than we have in the last 10,000. This knowledge is new to parents and teachers alike. The science is absolutely fascinating. And it transforms what we do. Once you've understood how the brain works it's impossible to return to the naive state. As a result you'll never look at yourself or your children the same way again.*"

In this first seminar we're focused teaching you all about well-being and the human brain. It turns out there are 12 activities and habits all of us need to carry out every day to get the very best out of our amazing brains. Children, parents and carers are invited to attend together these are great family learning experiences.

Dates of all of the seminars are as follows:

Tue 14 January 4 – 5pm S1: **Well-Being Is A Skill**

Tue 28 Jan 4 – 5pm S2: **Being Anxiety Aware**

Tue 11 Feb 4 – 5pm S3: **Way Of The Neuro-Ninja**

To [sign up click on the link](#), (or email actionyourpotential@gmail.com) Action Your Potential will only use your data to send you the slides after each seminar and send you updates about upcoming seminars.

It is a very exciting time to be alive, our Neuro-Ninja Tool-Kit course for parents, carers and students is all about helping all of us to live inside our brains with the cognitive and emotional agility to build the best version of ourselves every day.

We look forward to welcoming you to the neuroscience revolution.

Yours sincerely

Ms Helen Drake
SENCO

Andrew Wright
Action Your Potential