

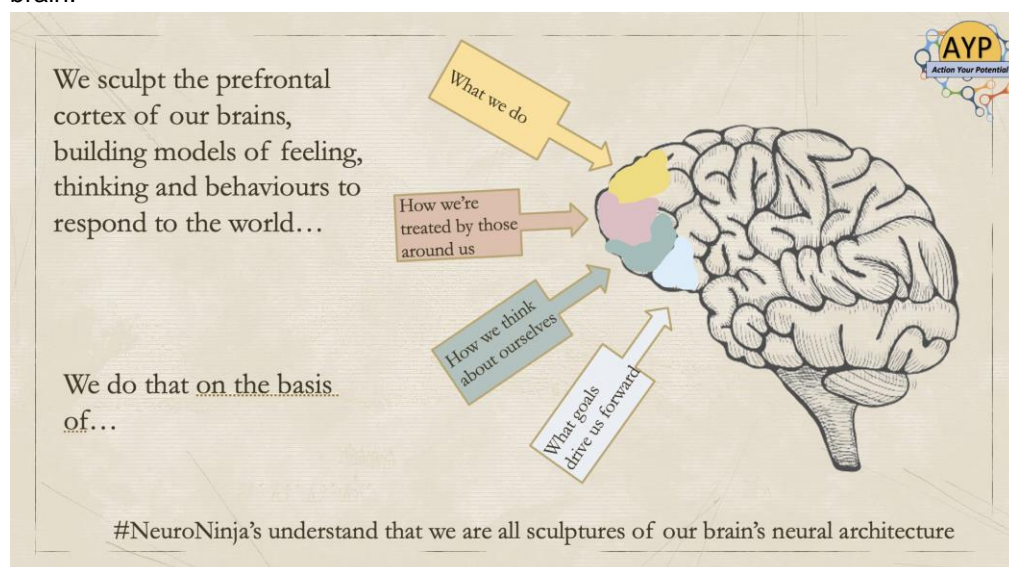
January 2024

Dear Parents and Carers,

#NeuroNinja Parent Partnership Programme 2024

As you know as a school community we work with Action Your Potential to support our students, parents and carers and staff to build the metacognitive skills of becoming a **#NeuroNinja**.

A **#NeuroNinja** is someone who understands how their brain works. Our brain is shaped by 4 psycho-social forces. Our habits shape our brain. Our relationships with friends, families and other people shape our brain. Our relationship with ourselves shapes our brain. And our goals shape our brain.



[Here is a short video](#) (just 5 mins 24 secs) from Andrew at AYP explaining how the **#NeuroNinja** programme works. Season 1 of the **#NeuroNinja** Parent Partnership Programme begins in January. Please [find at the link a poster](#) where you can click and sign up. You can also click on the links below.

#NeuroNinja Parent Partnership Programme

Beginning Jan 2024

Webinar Courses to Help You and Your Child (with live support!)

Helping Your Child Tackle Anxiety and Build Resilience	Helping Your Child Learn & Succeed in Tests	Helping You And Your Child Build Great Well-Being	How to Help Your Child Manage Challenge & Change
8 - 9pm 5 Sessions	6 - 7pm 5 Sessions	8 - 9pm 5 Sessions	8 - 9pm 4 Sessions
Mondays 8 th Jan to 5 th Feb	Tuesdays 9 th Jan to 6 th Feb	Wednesdays 10 th Jan to 7 th Feb	Thursdays 11 th Jan to 1 st Feb
In this series we will teach you how to help your child manage anxiety and build resilience	In this series we will teach you how to help your child with their learning & succeed in test	In this series we will teach you how to help you & your child build excellent well-being	In this series we will teach you how to help your child manage change and challenge
To sign to Zoom link - click here	To sign to Zoom link - click here	To sign to Zoom link - click here	To sign to Zoom link - click here

How to Help Your Child Tackle Anxiety and Build Resilience

Starting: Monday 8th January until Monday 5th February runs for 5 sessions

Start time 8pm (runs for 40 mins with 20 mins for questions at the end)

In these sessions we will take you through a programme to help you and your child tackle anxiety and build resilience everyday.

These are practical sessions with relatable content that will help you and your child to change your brain, change your mind and change your world.

[To sign up the Zoom link is here.](#)

How to Help Your Child Learn and Succeed in Tests and Exams

Starting: Tuesday 9th January through to Tuesday 6th February for 5 sessions

Start time 6pm (runs for 40 mins with 20 mins for questions at the end)

In these sessions we will take you through a programme to help you and your child build great learning, tackle tests and exams.

These are practical sessions with relatable content that will help you and your child to change your brain, change your mind and change your world.

[To sign up the Zoom link is here.](#)

How to Help You and Your Child Build Great Well-Being

Starting: Wednesday 10th January through to Wednesday 7th February for 5 sessions

Start time 8pm (runs for 40 mins with 20 mins for questions at the end)

In these sessions we will take you through a programme to help you and your child build excellent mental health and well-being everyday.

These are practical sessions with relatable content that will help you and your child to change your brain, change your mind and change your world.

[To sign up the Zoom link is here.](#)

How to Help You and Your Child Manage Challenge and Change

Starting: Thursday 11th January through to Thursday 1st February for 4 sessions

Start time 8pm (runs for 40 mins with 20 mins for questions at the end)

In these sessions we will take you through a programme to help you and your child to manage challenge and change.

These are practical sessions with relatable content that will help you and your child to change your brain, change your mind and change your world.

[To sign up the Zoom link is here.](#)

As part of this programme you will be sent resources to support you and your child after each session. You will also have the opportunity to ask questions and seek additional support. You are the expert in your child, until they are old enough to become the expert in themselves. Our mission at AYP is to help you and them understand your amazing brains so you can get the best mind possible everyday.

As your school or college is part of the #NeuroNinja Tribe you also have access to our #NeuroNinja Learning Hub, [you can sign up here](#) and recordings of the #NeuroNinja Parent Partnership Programme webinars will be uploaded here too.

Any questions email Andrew - andrewwright@aypuk.com.

Best wishes
Andrew at AYP