

January 2022

Dear Parents and Carers,

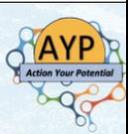
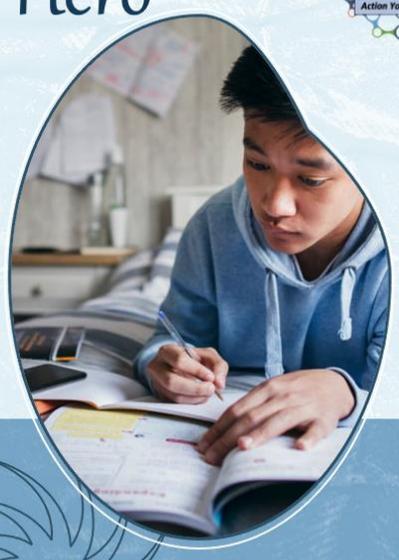
Term 3 and Term 4 #NeuroNinja Parent & Carer Webinars

Happy New Year!

As part of our continued support for students and their families across the learning community of the school we're excited to bring to you the spring's webinar programme. Thank you so much for your engagement with last term's programme, we have had over 6000 views of the material from last term. It's time for a New You in 22.

The aim of our work is to inspire, engage, enthral and inform you and your child about the incredible potential of the amazing human brain and how, through changes to our daily behaviours, we can improve and develop ourselves.

This Spring's Webinars are below. We've made it easy, [one link to sign up](#) to all the webinars, only log on for the ones you want to watch live, all of them are recorded and on the hub within 3 days of being recorded.

Dates and Times	Session Title and Description
<p>From Study Zero to Study Hero</p> <p>Tue 25 Jan 8 – 8:30pm Wed 26 Jan 8 – 8:30pm Thu 27 Jan 8 – 8:30pm</p> <p>All sessions are on Zoom All sessions will be recorded and loaded to the NeuroNinja Learning Hub Click here to sign up</p>	<p>From Study Zero to Study Hero</p> <p>Recall couch to 5K to get fit and build an exercise habit, this 3-session course is the equivalent for supporting your child to become a study athlete. For parents and carers of students preparing for exams in the next two years we'll walk you through the daily behaviours that take your child from a study zero to a study hero.</p>
<div style="text-align: right;"></div> <h2 style="text-align: center;">From Study Zero to Study Hero</h2> <p style="text-align: center;">This 3-session course is the equivalent to the couch to 5K programme for supporting your child to go from a study zero to a study hero.</p> <div style="display: flex; justify-content: space-between;"><div style="width: 60%;"><p>Tue 25 Jan 8 – 8:30pm Wed 26 Jan 8 – 8:30pm Thu 27 Jan 8 – 8:30pm</p></div><div style="width: 35%;"></div></div>	
<p>Well-Being Course For Parents And Carers</p> <p>Tue 1 Feb 8 – 8:30pm Wed 2 Feb 8 – 8:30pm Thu 3 Feb 8 – 8:30pm</p>	<p>Well-Being Course For Parents And Carers</p> <p>Being a parent or carer in the 21st century is uniquely challenging, looking after our own well-being every day</p>

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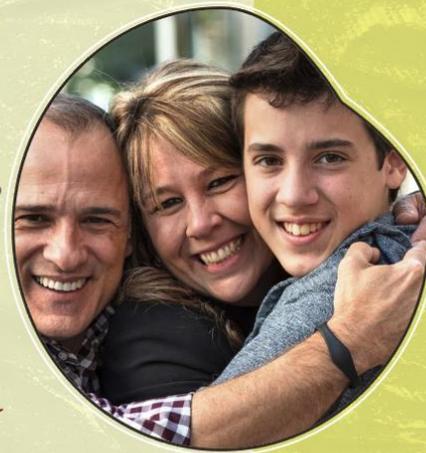
is not something many adults do. We are living through a mental and physical health crisis and there's lots we can all do to help ourselves and our children build the best version of ourselves everyday, in this unique course we will teach you the skills to improve your day to day well-being

Well-Being Course for Parents And Carers



Being a parent or carer in the 21st century is uniquely challenging, we are living through a mental and physical health crisis and there's lots we can all do to help ourselves and our children build the best version of ourselves everyday.

In this unique course we will teach you the skills to improve your day to day well-being



Tue 1 Feb 8 – 8:30pm

Wed 2 Feb 8 – 8:30pm

Thu 3 Feb 8 – 8:30pm

Unleash Little and Often Learning

Wed 16 March 8 – 8:30pm

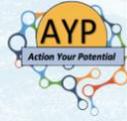
Thu 17 March 8 – 8:30pm

All sessions are on Zoom
All sessions will be recorded and loaded to the NeuroNinja Learning Hub
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Unleash Little and Often Learning

How to help your child turn daily little and often learning practice into a system to grow, improve and learn any skill (even ones that they're really struggling with). This system works for any brain, so it will work for us as adults too. Unleash your learning power.

Unleash Little and Often Learning



How to help your child turn daily little and often learning practice into a system to grow, improve and learn any skill (even ones that they're really struggling with).



Wed 16 Mar 8 – 8:30pm

Thu 17 Mar 8 – 8:30pm

Anxiety Masterclass for Parents and Carers

Wed 23 March 8 – 8:30pm

Thu 24 March 8 – 8:30pm

All sessions are on Zoom
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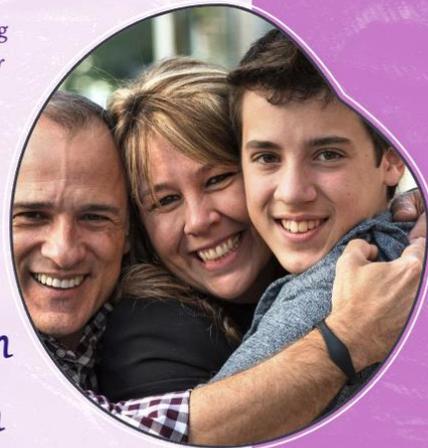
Anxiety Masterclass for Parents and Carers

Anxiety is a modern scourge blighting many people's lives and causing untold suffering. In this informative, engaging and inspiring pair of webinars we teach you the science of anxiety and how to help yourself and your child build back better from anxiety

Anxiety Masterclass for Parents And Carers



Anxiety is a modern scourge blighting many people's lives and causing untold suffering. In this informative, engaging and inspiring pair of webinars we teach you the science of anxiety and how to help yourself and your child build back better from anxiety.



Wed 23 Mar 8 – 8:30pm

Thu 24 Mar 8 – 8:30pm

Living in Balance in an ASC Brain

Wed 30 March 8 – 8:30pm

Thu 31 March 8 – 8:30pm

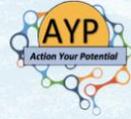
Living in Balance in an ASC Brain

We look at what neuroscience tells us about the possible causes of ASC and how to live in balance inside one of the most incredible, amazing and inspiring

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human brains possible. We celebrate ASC minds and their incredible way of seeing the world and provide inspiration and practical strategies to support children on the spectrum to live in balance in their incredible brains.

Living in Balance in an ASC Brain



We look at what neuroscience tells us about the possible causes of ASC and how to live in balance inside one of the most incredible, amazing and inspiring human brains possible.



Wed 30 Mar 8 – 8:30pm

Thu 31 Mar 8 – 8:30pm

Parents and carers in subscribing schools [can sign up at this Zoom link](#). AYP takes your privacy very seriously ([our GDPR policy is here](#)), we will only use these data to contact you about these sessions.

Don't forget as part of a subscribing school community you can sign up to the NeuroNinja Learning Hub where you can find hours of inspiring, informative and helpful content to help every parent, carers and student become a NeuroNinja and learn about their amazing brain.

To sign up to the [hub click here](#).

As part of our New You in 22 series we're launching an individual course for people on the hub in mid-January. Dates and details are at this link, you'd be very welcome to sign up. Any questions just get in touch via our website www.actionyourpotential.org

Yours sincerely

Andrew, Angela and Darren
At AYP