



March 2022

Dear Parents and Carers,

At Hylands we are committed to supporting students with their wellbeing. I am therefore delighted to tell you that we have recently started a partnership with 'Action Your Potential'. This organisation supports parents and students with understanding the way the brain functions. Their mission is to help you and your child "change your mind, change your brain and change your world. We're focused on helping the whole person understand and manage their whole brain for the whole day, every day." In doing so, Action Your Potential help students and their parents deal with issues such as anxiety, sleep problems, study habits and address wellbeing.

Below is a message from the founder of the programme giving details of free webinars that you may find useful. Please note as this is such a recent partnership and this is a country-wide programme of events, some are very soon. There will be more webinars in the summer term which I will write to you about in due course. There are details below as to how to sign up to find out more about the programme of webinars and the organisation.

I hope you find this information useful. Please feel free to contact me if you have any questions.

Yours faithfully

Ms Sosin

#### ***Term 4 #NeuroNinja Parent & Carer Webinars***

As part of our support for students and their families across Hylands School we're excited to bring to you the rest of the spring's webinar programme.

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. Here [is a video about what we do.](#)

The rest of our remaining Term 4 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.

#### **Hylands School**

Chelmsford Rd, Writtle,  
Chelmsford CM1 3ET, UK  
E: [hylandsoffice@hylands-tkat.org](mailto:hylandsoffice@hylands-tkat.org)  
T: 01245 266766

[www.hylands-tkat.org](http://www.hylands-tkat.org)

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## **Tuesday 29 March 2022**

Study Zero to Study Hero with The Easter Plan Webinar 8 – 8:45pm

*For parents and carers of students preparing for exams in the next few weeks to two years we'll walk you through the daily behaviours that take your child from a study zero to a study hero.*

[one link to sign up](#)

## ***Living in Balance in an ASC Brain***

Wed 30 March 8 – 8:30pm

Thu 31 March 8 – 8:30pm

All sessions are on Zoom

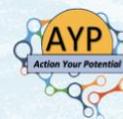
All sessions will be recorded and loaded to the NeuroNinja Learning Hub

[Click here to sign up](#)

## ***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. 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.



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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](#).

Any questions just get in touch via our website [www.actionyourpotential.org](http://www.actionyourpotential.org)

Yours sincerely

**Andrew, Angela and Darren**  
**At Action Your Potential.**

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