

11 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 nntkat20

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

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

www.wellingschool-tkat.org

Headteacher:

Mr R Pett BA Hons, MA, NPQH

Executive Headteacher:

Mr D Hatley B.Ed (Hons), NPQH

Welling School

Elsa Road,

Welling,

Kent, DA16 1LB

Tel: 020 8304 8531

Fax: 020 8301 6414

Email: admin@wellingschool-tkat.org

Twitter: [@welling_school](https://twitter.com/welling_school)

The 12 Rocks of Well-Being



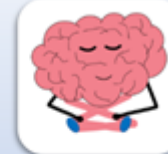
Rock 1 – sleep



Rock 2 – exercise



Rock 3 – eat healthily



Rock 4 - mindfulness



Rock 5 – day dreaming



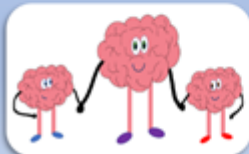
Rock 6 – manage emotions



Rock 7 – walk outside



Rock 8 – music



Rock 9 – friends and family



Rock 10 – gratitude and kindness



Rock 11 – do what you love



Rock 12 – learn, play, read



12 Rocks Of Well-Being – Weekly Check

- 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

	mon	tues	wed	thurs	fri	sat	sun
total							