

17 May 2021

Dear Parents, Carers and Students,

### **Well-Being And Learning Skills Webinars #NeuroNinja**

I wanted to draw your attention to some exciting and innovative webinars designed to support well-being and learning skills. Action Your Potential, an innovative company supporting our work, are running webinars for all of our families throughout the year.

Please find details below. Do sign up, Action Your Potential's mission is to help everyone in our school community to become a #NeuroNinja, someone who lives inside their amazing brain knowing how it works so they can make the best out of it every day.

It's been such a challenging time. This New Year began in such a difficult way, another Lockdown and in January, a very bleak month of the year.

We're always here for the children, parents, young people and staff we support. We wanted to offer practical help to everyone we support. Back by popular demand, 10 Webinars all about your amazing brain, in 10 Weeks. We'll focus on practical, everyday habits to transform our relationship with ourselves, each other, our learning and our well-being. Being a #NeuroNinja means understanding your brain and mind and using that understanding to change your life.

We'll come out of this pandemic one day in the not-too-distant future, enter that new world as a new you and support your children to do the same.

Here's Andrew [describing the series of webinars](#).

And [here's a poster](#).

All webinars start at 8pm and run for 30mins, there's always time for questions at the end. This term's webinars for parents and carers are:

#### **Well-Being Strand Webinars**

Mon 10<sup>th</sup> May 8pm: Feeling It, Secret Life of My Emotional Brain (1)

Tue 11<sup>th</sup> May 8pm: Feeling It, Secret Life of My Emotional Brain (2)

Wed 12<sup>th</sup> May 8pm: Build Great Emotional Responsiveness

#### **Mind Management Webinars**

Mon 17<sup>th</sup> May 8pm: Supporting Your Child With Anxiety (1)

Tue 18<sup>th</sup> May 8pm: Supporting Your Child With Anxiety (2)

Wed 19<sup>th</sup> May 8pm: Helping Your Child Respond to Trauma: Bereavement or Divorce

#### **Unleashing Learning and Productivity Webinars**

Mon 24<sup>th</sup> May 8pm: Deliberate Practice and How To Improve Any Skill

Tue 25<sup>th</sup> May 8pm: Procrastination and How To Solve It

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

#### **Headteacher:**

Mr R Pett BA Hons, MA, NPQH

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Wed 26<sup>th</sup> May 8pm: Stepping Positively Into Challenge

[To sign up to the series – CLICK HERE](#)

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](http://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 the school button and use this password: nntkat20 to access the recordings.

Every webinar contains actionable strategies to support every parent, carer, child and young person live inside their amazing brains with more joy, engagement and possibility every day.

You will remember our mission is to help everyone across the school community to learn all about their amazing brain to improve well-being, mind management and learning and memory.

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 college community throughout the year.

Yours sincerely



Mrs L Otti  
Director of Learning - Personal Development