



Action Your Potential

@Millais

Our new project begins



01

The context

Establishing the
partnership within
our school
community

02

Launch phase

Where we are so
far

03

Engagement phase

Autumn Term 2
- Roll out of
programme for
KS3 & 4

04

Next steps

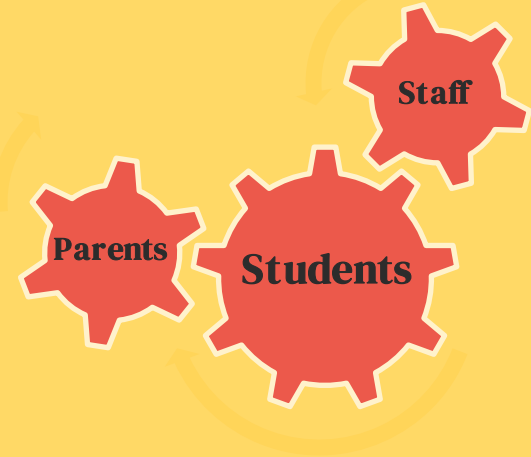
A work in progress

01 : The context

The desire to support our community as we re-emerge into post-covid life identified an opportunity to work in unison with each other. We have shared an unprecedented experience and it's not a case of us as adults having the answers but, instead, a chance to rebuild and reconfigure together.

Research shows us that our mental wellbeing is a skill and the work that Andrew Wright advocates through Action your Potential explores why our brains find 21st century life so difficult and what we can all do, each and every day, to help our incredible brains and bodies build the best version of ourselves.

We have everything we need in our own head; we just need to get it to work well for us every day, 'Action Your Potential' takes neuroscience, psychology and health science, making it accessible and explicable, providing practical ways of improving wellbeing, mind management and learning every day.





02 : Launch phase

- **7th October** : Parents Face-to-Face Launch : fantastic parental turnout on the evening and the event was recorded and shared digitally. We will continue to work with parents alongside the programme in school
- **1st November** Whole Staff Face-to-Face Launch

Actions for parents and carers going forward...

We are so keen for you to make use of the resources available to us, you will have received the CAS Themes and AYP Schedule for this half term and it is also attached to this email for your convenience.

Please ensure that you sign up with AYP directly to receive the links to the programme as well as updates about the parent and carer webinars. It has been great to hear that so many of you have already done so!

To sign up to the *#NeuroNinja Learning Hub* just [click on this link and give us a few details.](#)

[Video explaining how to do that is here.](#)



03 : Engagement phase

Lindsay Markham is leading the Student Programme...this is what it will look like

The Action Your Potential Content will be delivered through the SELF : CAS tutor session. Each week she will direct tutors to that week's video and any resources that will be shared, tutors will deliver the sessions and use the videos directly from the NeuroNinja Hub.

We will be following the suggested plan from Andrew.

There are separate programmes for KS3 and KS4.

All school information will be shared with parents though the CAS half termly update and parents will have access to the **#NeuroNinja Learning Hub**

We encourage you to check in with your child (ask them when their SELF/AYP morning is) and chat about it...can the whole family get involved?

8th November : Student Launch!



04 : Next Steps

We will be gathering your initial thoughts and feedback about the programme during the week commencing **22nd November** - the flexibility of the programme means that we can tailor it to exactly what we need...so please share your thoughts and we can keep the project evolving.