



# Stonegate C of E Primary School

Station Road, Stonegate, East Sussex, TN5 7EN

Headteacher: Mr Jonathan Elms

## Love of Learning for Life

I came to give life — life in all its fullness. John 10:10



September 2021

Dear Parents, Carers and Children,

### Message for the Whole School Community– Build A #NeuroNinja Programme for parents & carers

We're excited to be working with the whole school community this year. Across the whole school our mission as a company is to help every person - child, student, parent, carer, teacher, member of the support staff and governor - become #NeuroNinjas.

Across every class we will support in the following ways:

Weekly videos for children and young people walking through our innovative, engaging, and informative 10 #NeuroNinja Skills curriculum exploring three strands of life inside our amazing brains.

**Strand 1. Well-Being Strand:** Promoting daily behaviours to support excellent mental and physical health and be the best version of yourself every day (including the 12 Rocks of Well-Being).



**12 Rocks Of Well-Being – Weekly Check**

	mon	tues	wed	thurs	fri	sat	sun
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							
<b>total</b>							

www.actionyourpotential.org

**Strand 2. Mind Management Strand:** How to manage the dark cellar of the brain and its natural negative biases, how to respond to anxiety and worry, step into growth and bounce back from setbacks.

**Strand 3. Unleashing Learning & Productivity:** How to enhance learning progress, memory, and our productivity so we engage, enjoy, and improve each and every day.

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## **What's a #NeuroNinja?**

Someone who lives in their brain understanding, how it works and how to get the best out of it every day.

[Here's a brief video from Andrew](#), CEO of Action Your Potential, explaining the Be a #NeuroNinja programme.

We also provide:

A resource site for all parents and carers, students and children to access out of school with videos that not only support you to understand your brain, but walk-through how to change it through daily behaviours – Coming 4 October Action Your Potential Learn Worlds.

Parent and carer webinars every term, covering a range of relevant topics to help you help your child get the most out of their amazing brain.

Parent and carer masterclasses (webinar) on specific topics, for example supporting students with special needs or helping your child with anxiety

This term webinars are below. All webinars start at 8pm and run for 30mins:

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

Wed 6 Oct 8pm: Building Great Sleep

Thu 7 Oct 8pm: SEND Focus: Finding Balance in the ASD Brain

### **Mind Management Webinars**

Wed 13 Oct 8pm: Understanding & Responding to Anxiety (1)

Thu 14 Oct 8pm: Understanding & Responding to Anxiety (2)

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

Wed 20 Oct 8pm: Beat Procrastination: How Do I Get Stuff Done?

Thu 21 Oct 8pm: SEND Focus: Unleashing The Dyslexic Brain

**[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 our Build A #NeuroNinja website, details of which we will send you in October. Once you become a member, you can access all the content there. Information on how to do that will be with you in October.

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. To find out more, visit our [You Tube channel](#).

I look forward to seeing you all on Friday 1<sup>st</sup> October.

Yours sincerely

Andrew Wright  
Action Your Potential

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