

July 2021

Dear Parents and Carers,

Message for the Whole School Community– Getting Ready for Summer: Two Webinars To Transform Your Summer

We're excited to bring all our parents, carers and students two special webinars for the end of term jammed packed with tips and advice on how to have a positive and productive summer holiday. When brain's reach quieter periods they don't power-down, in fact the neural traffic can get louder and very quickly without the structure of a regular schedule children and young people can fall into low mood and motivation and feel very unproductive. Also, our brain's don't recognise the summer holidays and any learning or memories not used during the summer will weaken and fade.

Details of the webinars are below.

7pm Tuesday 20 July (30 mins)

Having Happier Holidays: Managing Mood, Emotions & the Downward Spiral in the summer

Andrew from Action Your Potential will explore 5 Daily Behaviours to have to manage mood, worries and your mind during the summer holidays.

7pm Wednesday 21 July (30mins)

Leaping Into Learning This Summer (Fighting Summer Learning Loss)

Andrew from Action Your Potential will explore 5 Daily Behaviours to help maintain learning, memory and develop and grow our skills through the summer using carefully designed desirable difficulties.

[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, just sign up and we'll send you links to them afterwards.

Wishing all the fantastic #NeuroNinjas we support every week, that's around 25,000 families, a wonderful summer holiday. Do keep an eye on our You Tube channel over the summer as we will be dropping short videos each week designed to support every child to plan their week so it includes activities that support learning, well-being and develop personal growth through challenges.

To get in touch just contact us on [Facebook](#), [Twitter](#) or [Instagram](#) or email us at angelawright@aypuk.com or andrewwright@aypuk.com

Yours sincerely

Andrew & Angela
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