

March 2023

Dear Parent and Carers,

Please see the following information from Action Your Potential - an organisation that works with over 150 schools across the UK supporting them to support their school communities to build powerful habits of well-being, mind management and learning.

How Do I Help My Child with Anxiety – a #NeuroNinja Course - Tuesday 21st March 8pm - Webinar

We're always looking for ways to support our wonderful children and parent, carer community.

On Tuesday 21st March at 8pm, Andrew Wright, the CEO of Action Your Potential will be delivering a webinar for parents and carers all about how to help our children with anxiety. In this session we will explore:

- *How our brain builds models of the world;*
- *What anxiety is in the brain;*
- *What is going on in the brain when we're experiencing anxiety;*
- *How the brain resolves anxiety through building calm;*
- *How neurally-diverse children can be supported to respond to their anxiety;*
- *How can we help our children build back from anxiety;*
- *How our parental influence moves from protection to preparation;*
- *How to nurture coping skills and resilience through a focus on mind management.*

To sign up to this webinar please click on [this link](#). AYP takes your privacy seriously and won't use this information for anything other than informing you about this course and sharing support resources. [Our GDPR policy is here.](#)

Action Your Potential

Excitingly we're working with Action Your Potential this year to support our whole school community to learn all about our amazing brains. More information on the #NeuroNinja programme will follow in the next couple of weeks, with an opportunity to sign up to the #NeuroNinja Learning Hub and how to help your child build the skills of being a #NeuroNinja. To find out more about the #NeuroNinja programme and Action Your Potential visit their website – www.actionyourpotential.org.

This session is open to any parent or carer at a TKAT academy.

Yours sincerely

Cleeve Park School Wellbeing and ACE Teams

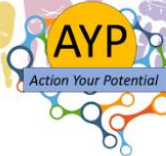
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Headteacher: Mrs Alex O'Donnell
Company Registration Number: 7348231





How Do I Help My Child With Anxiety?

Webinar with Andrew Wright from AYP



- ✓ How our brain builds models of the world
- ✓ What anxiety is in the brain
- ✓ What is going on in the brain when we're experiencing anxiety
- ✓ How the brain resolves anxiety through building calm
- ✓ How neuroally-diverse children can be supported to respond to their anxiety
- ✓ How we can help our children build back from anxiety
- ✓ How our parental influence moves from protection to preparation
- ✓ How to nurture coping skills and resilience through a focus on mind management

Tuesday 21st March
8pm
For TKAT Academies



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