

29/09/23

Dear Year 11 Parents, Carers and Students,

Alongside our partners Action Your Potential we have spent a lot of time listening to parents, carers and students around the challenges that Year 11 can present. AYP have developed a webinar programme running from now until Christmas on the basis of that feedback. The series is focused on Building Resilience, Supporting Children with Neural Diversity and Preparing for Exams. Across these different areas there are around 50 webinars between now and the end of term for you to access.

All of these webinars are free and as part of this programme you can connect with colleagues at Action Your Potential to get further personalised advice and support. Please find below the list of webinar courses running through September to December which I thoroughly recommend you sign up to if you have opportunity.

As introductory examples of AYP's work on supporting mental health and mind management, see the videos here about building mental flexibility and managing your brain's worry system.

[How to Manage My Brain's Worry System - 14:27s](#)

[Introducing Your Mind's Garden - 7:39s](#)

How to Help My Child Build Resilience - September through to December (every fortnight) Thursday 8pm

'Helping My Child Build Resilience' Webinar Series

14th September - Session 1 - Defining Resilience In Our Body, Brain & Mind
28th September - Session 2 - The Foundations Of Mental Flexibility (12 rocks)
12th October - Session 3 - How To Manage Our Emotions
26th October - Session 4 - Managing Our Brain's Worry System
9th November - Session 5 - Building Our Calm
23rd November - Session 6 - Bouncing Back From Setbacks
7th December - Session 7 - Choosing Growth

Thursdays at 8:30pm

Register in advance for these webinars Using this link

[Sign up to these webinars here.](#)

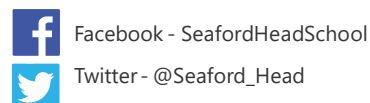
Seaford Learning Trust

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Celebrating All Kinds of Minds: Living in Balance in Your Neurally Diverse Brain

Celebrating All Kinds of Minds: Living in Balance in Your Amazing Brain

In this series of webinars, colleagues from Action Your Potential will unpack how to support young people with neurally diverse brains.

- 21st Sept Celebrating all kinds of minds: How to help our children live in balance in their amazing brains
- 5th Oct Strategies to support a neurally diverse brain to manage change and build calm
- 19th Oct Strategies to support an ADHD brain to manage distractions & build focus
- 2nd Nov Strategies to support your child with OCD

Thursdays 8:30-9pm

Register [here](#)

AYP Action Your Potential

[Click here to register for this series of webinars.](#)

How Can I Help My Child With Anxiety Webinars

How Do I Help My Child Build Back From Anxiety

In this series of webinars we will unpack how to support children and adults with anxiety.

- 26th Sept - What is anxiety in the brain and body?
- 3rd Oct - Strategies to build back from anxiety 1
- 10th Oct - Strategies to build back from anxiety 2
- 17th Oct - Strategies to build back from anxiety 3

Tuesdays 8:30-9pm

Register [here](#)

AYP Action Your Potential

[Sign up to these webinars here on Zoom.](#)

All of AYP resources are also available on the #NeuroNinja Learning Hub which all parents, carers, and students have free access to [just sign up here](#). Any questions about any of our work with AYP or any support required please do get in touch via email - Andrew at andrewwright@aypuk.com

Yours sincerely

Mr D Miller, Mrs S Moloney and Darren, Andrew and Angela from the AYP team.