



5 June 2020

Dear Parents, Carers and Students

Message for All The Parents, Carers and Students at Schools Across Wealden

We hope this letter finds you and your family well. During this period of unprecedented disruption to our ordinary lives we are really aware of the additional pressure on families. As a family of schools across Wealden we've been looking at ways to support you. Managing learning at home, supporting mental health and well-being are all additional challenges for all of us in this current situation.

Starting on Wednesday 10 June we are running 10 weeks of webinars for parents, students and children all about the amazing human brain. These webinars are 30 mins. You can access them live or watch a recording later. Each session ends with a strategy to try out for the following week, linked to the theme of the webinar. These strategies are designed to help improve our daily lived experience. For example, in the first webinar, we look at well-being and the 12 activities we all need to carry out each day to enable our brain to build the best version of ourselves. Well-Being, it turns out, is a skill.

Over 10 weeks we hope to support everyone to learn all about our amazing brains, so we all get more enjoyment, engagement and learning out of each and every day. Our brains are incredible, can take us anywhere we want to go in life, but they can also create a lot of psychological suffering simply by the way they process problems and react to uncertainty. Don't worry if you can't make all the webinars, you can catch up with them via recordings which will be available for a limited period of time afterwards via our [website](#).

The webinars take place in the evening, the [full programme is here](#). Our hope is that this additional support won't only be invaluable right now but help all of us develop deep insights into how our brain works which will help us into the future. As the programme builds it will support you and your son or daughter to apply key strategies in the construction of a daily plan to support well-being, mental health and maximise learning. You can access the sessions on a phone, tablet or laptop. [Here's Andrew introducing the webinars](#).

If you would like to sign yourself and your son or daughter up to these totally free webinars then [click the link](#). A [poster detailing](#) the dates of the webinars is here. We will then be in touch with details of how to register for the webinars. Action Your Potential will only use your data for the purposes of informing you about this programme and will be in touch explaining how to join the first webinar shortly. We take your privacy seriously and comply with all UK General Data Protection Regulations (GDPR) – [our policy is here](#).

We're really looking forward to working with you to help you action your potential every day.

Yours sincerely

Andrew Wright

Action Your Potential 5 June 2020