

22 October 2024

Dear Parent/Carer,

It was lovely to see so many of you at the Y11 parents and carers session on Thursday 17th October, all about How to Help Your Child Succeed in Their GCSEs.

This Thursday (24th October) we are running a webinar covering similar concepts, so if you missed the in person session at Downlands you'd be welcome to join us on Thursday at 8pm, [you can sign up here](#). Poster [about that session is here](#).

On Thursday we looked at the daily well-being, mind management and learning and memory behaviours that will secure excellent GCSE preparation for wonderful Y11 at Downlands. [Here are the slides from](#) Thursday 17th October. We talked about managing the 12 Rocks of Well-Being and developing these daily learning routines.



Here is a link to [the study capture sheet](#) we mentioned. Details of our app and podcast are below and as members of Downlands Community School you can all sign up to the #NeuroNinja Learning Hub which has lots of videos all about how to help your child to prepare to do brilliantly in their GCSEs. You [can sign up to the hub here](#).

We also have a podcast called AYP spike for the school run.



We also have an app to support building great well-being every day.



If you are a business leader or work for a company, we also offer support to businesses and individuals. Details are on the next page.

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Yours faithfully,

Andrew Wright

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