



**THE  
HASTINGS  
ACADEMY**

Rye Road, Hastings,  
East Sussex, TN35 5DN

[www.thehastingsacademy.org.uk](http://www.thehastingsacademy.org.uk)  
[office.tha@hasla.org.uk](mailto:office.tha@hasla.org.uk)  
01424 711950

Principal: Hilary Morawska

Dear Parents, Carers and Students

## **The Neuroscience Revolution Is Coming Back To...Hastings Academy**

### **Thursday 7 November – Seminar 1 Well Being Is A Skill (Neuro-Ninja Tool-Kit Course) 4 – 4:45pm**

We're excited to invite you to a series of innovative seminars and workshops about our amazing brains for parents, carers and students. Andrew Wright, from local innovative company, and ex-deputy Principal at Uckfield College delivered several seminars last year and he's back by popular demand. These sessions are specially written for Hastings Academy parents and students. Andrew will take you on a tour through our amazing brains. We're inviting all of our parents because the great news from neuroscience is that the sooner we can live and work with the grain of our brains the more we can support their healthy integration

Andrew says; " In the last 10 years we've learnt more about the brain than we have in the last 10,000. This knowledge is new to parents and teachers alike. The science is absolutely fascinating. And it transforms what we do. Once you've understood how the brain works it's impossible to return to the naive state. As a result you'll never look at yourself or your children the same way again."

In this first seminar we're going to explore the 12 Rocks Of Well-Being and how the activities and habits we practice have a huge impact on the type of mind we get to live inside every day. To sign [up click on the link](#), (or email [actionyourpotential@gmail.com](mailto:actionyourpotential@gmail.com)) Action Your Potential will only use your data to send you the slides after each seminar and send you updates about up, coming seminars.

It is a very exciting time to be alive; our Neuro-Ninja Tool-Kit course for parents, carers and students is all about helping all of us to live inside our brains with the cognitive and emotional agility to build the best version of ourselves every day.

As part of the Neuro-Ninja course all of our families have access to a brain science website at [www.actionyourpotentialtoday.com](http://www.actionyourpotentialtoday.com) (password Neocortex123).

We look forward to welcoming you to the neuroscience revolution.

Yours sincerely  
Ms MacMillian  
Assistant Principal

Andrew Wright  
Action Your Potential

