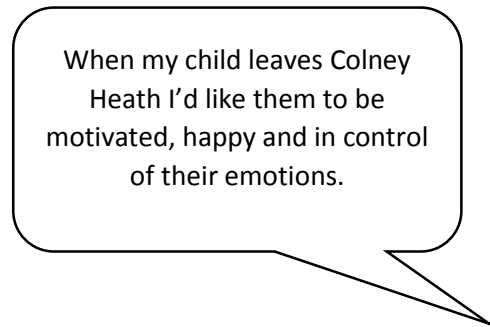
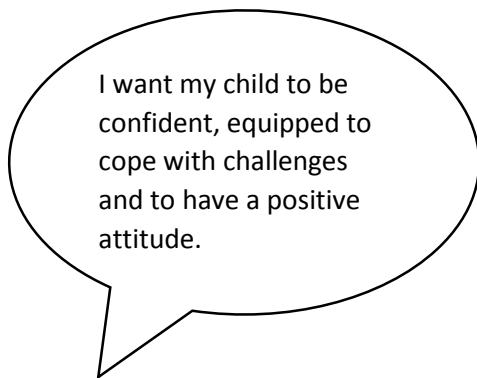


What does a chime bar, your amygdala and a cup cake
all have in common?*

On Tuesday lots of enthusiastic parents and carers found out about how these relate to the MindUP programme that the children in Colney Heath are learning about. These are some of the quotes parents gave about their hopes for their children. Do you share them?



Helen Barrett from MindUP demonstrated a number of useful techniques over a relaxing cup of tea and cake, based on what the children have been learning in school to help them manage their emotions, thoughts and actions, so that parents can see these are achievable hopes for their child.

If you are also intrigued, then here are some helpful places to start.

You can:

- Talk to your child about their MindUp learning
- Visit the MindUP parent booklet on the school website (Class Pages)
- Use the MindUP link to access the programme, materials and videos to find out more. (<https://mindup.org/>)

If you would like another MindUP opportunity in the Autumn Term then please let us know how we can help you to support your child at home.

*If you want to know more about this then ask your child.