

Our Lady's Girls' Primary School

Deanby Gardens, Belfast, BT14 6NN

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30 September 2021

Dear Parent/Guardian,

Our School is taking part in a programme called Neuronimo.



Neuronimo is a children and young person's mental and physical health programme. It is being delivered by a children's charity called *Reverse the Trend Foundation*, in partnership with the Education Authority in Northern Ireland (EA), and the aim of the initiative is to promote mental wellness in our children.



Reverse The Trend Foundation uses evidence-based neuroscience to tackle these issues. It does not rely on short-term fixes such as limiting screen time. Instead, the Neuronimo programme uses evidence supported by University partners, to change behaviour and create healthy habits around mental and physical health.

Our girls will complete short, fun, goal-orientated tasks, over a period of 12 weeks with their teacher in school. During the programme they are supported online by Neuronimo Ambassadors who help create healthy habits. The tasks can be as short as 3-4 minutes for mental health tasks or 15 minutes for physical activity tasks.

The Neuronimo programme is also available for use at home. There is an opportunity to supplement any learning your child may have had in class by setting up a *Neuronimo at Home* account. All you have to do is click on the link below and fill out your details.

https://www.neuronimo.co.uk/enroll/1620225?th_ug=1c2c143e

We hope that lots of our Deanby girls will access *Neuronimo at Home* and take part in this beneficial programme. Further information can be found at www.reversethetrend.org.uk

Yours sincerely,

Emer Hughes