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Dear Parent or 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.

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.

Children and young people 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. This is an opportunity to supplement any learning your child may have had in class. Log-in details via Seesaw will be provided for Home access.

The Neuronimo programme begins on Tuesday 28th September.

Further information can be found at www.reversethetrend.org.uk

Yours Sincerely

Mr O'Malley (Pastoral Care Co-ordinator)