



Dear Parent and Carers,

I would like to introduce you to Tim Buckle and Ben Davies. They are Skills Mentors with a company called Chimp Management (www.chimpmanagement.com). This is them if you want to check them out :

<https://chimpmanagement.com/meet-the-team/tim-buckle/>

<https://chimpmanagement.com/meet-the-team/ben-davies/>

The company specialises in the Chimp Model, which is a model of how the brain functions, developed by Professor Steve Peters. The Model helps people to understand the neuroscience behind how their mind works and more importantly, how they can manage it to get the best out of themselves from a wellbeing and high-performance basis from elite sport to emergency services and high level business.

Staff in school will be working with Chimp Management over the next few months and Ben and Tim will also be working with a group of selected students delivering a series of interactive workshops that will introduce students to the Chimp Model and help them to understand all about their brain and why they might experience feelings they do not want such as anxiety, anger or worry, that can lead to unhelpful behaviours. They will also explore some skills which can help them to manage these emotions and improve their overall wellbeing.

If you would like any further information about Chimp Management and what they do you can find this on their website and follow the links below to see podcasts that Professor Steve has recently recorded.

Professor Steve Peters TED talk <https://www.youtube.com/watch?v=R-KI1D5NPJs>

Manor Multi Academy trust Brighter Futures Podcasts <https://creators.spotify.com/pod/show/manor-mat9/episodes/Ep-1---Understanding-Your-Inner-Chimp-Mental-Health-Ideas-for-Parents-and-Children-e2orhg9>

Steven Gerrard on Prof Steve Peters' work with him and Liverpool

FC: <https://www.youtube.com/watch?v=qREK8tRC23q&t=189s>

Ronnie O'Sullivan on his work with Prof Steve Peters and how he 'no longer breaks down mentally': <https://www.youtube.com/watch?v=gSgfn0Ygk5A&t=21s>

Tim is going to run a session in school for parents. **The session will take place on Tuesday 11th November at 5.30pm.** This is an opportunity to find out about the Chimp Model and to learn how and why we react as we do in different situations.

Please complete the reply slip below to book your place and return it to the office ASAP.

If you have any questions or want to know more, please come and talk to me or your child's teachers.

Yours sincerely,

Please book me a place on the Chimp Management session on

Name: _____ Signature: _____

Child's Name: _____ Child's Form Group: _____

****PLEASE RETURN F.A.O. MISS JOHNSON OR EMAIL CJOHNSON@STOCKSBRIDGE-MLT.CO.UK****