



RICHMOUNT PRIMARY SCHOOL

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25th September 2021

NEURONIMO

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**.

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 will be provided for Home access.

The Neuronimo programme begins on Monday 27th September.

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

Yours sincerely

M. Hall (Principal)



Neuronimo Opt-Out Form

Dear Parents/Guardians

Please Note if you do not return the form below we will assume you are agreeing to your child taking part in the Neuronimo Programme.

OPT OUT

Neuronimo Programme

I understand that the Neuronimo Programme will be running at my child's school.

I do not wish my son/daughterto be included in this programme.

Signed (Parent/Guardian)

Please return this form to your child's teacher as soon as possible if you do not wish your son or daughter to take part in the study.