



**BRAINHUG**  
CHARITABLE TRUST



**reboot**  
success in learning and life

## Introducing a whole-school approach to calm, connection & learning

**“Calm brains learn best.”**

*Reboot is a practical, neuroscience-based framework that helps schools create the conditions for learning by building shared language and everyday tools for regulation, relationships, and readiness to learn. If we want curriculum changes to stick, Reboot comes first.*

### **This is not another programme, it is a culture shift**

- Shared language: simple, visual cues used by students, staff, and whānau.
- Self-agency & resilience: builds internal regulation and ownership.
- Staff-first focus: regulated adults = regulated tamariki; tools that protect kaiako wellbeing.
- Fits with what you already do: complements PB4L, RTLB practice, and local tikanga, no wholesale system change required.

#### **What is Reboot?**

A whole-brain framework designed for busy educators. Rooted in contemporary neuroscience and aligned with Dr Bruce Perry’s Neurosequential Model.

#### **Why schools like it**

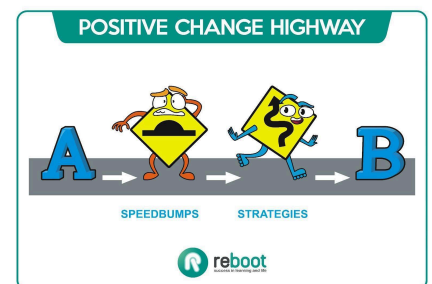
- Practical & visual tools you can use tomorrow.
- Whole-school common language that plugs into existing systems.
- Staff wellbeing at the centre.

#### **Evidence & impact (Australia)**

- 900+ schools across mainstream, private, Catholic and alternative sectors.
- Reported outcomes include sharp reductions in suspensions, greater calm and safety, and improved engagement.

#### **Who’s behind it?** Sarah Ralston, Founder, Reboot (Australia).

Since 2005 Sarah has trained tens of thousands of educators, with 99% recommending the programme. Reboot tools now support 250,000+ learners and families across Australia. Learn more at [rebootingnow.com](https://rebootingnow.com)



**Early momentum in Aotearoa New Zealand** Reboot and BrainHug Charitable Trust are partnering to localise and scale the model across NZ. We began in 2025 and are scaling in 2026.

**Early NZ signals:**

- Pilot school: 80% reduction in stand-downs; calmer classrooms and stronger whānau engagement.
- Two-day NZ workshop (Sept 2025): on average 90%+ reported stronger understanding of trauma-transformative practice and resilience; many called it *the best PLD they've ever attended*.
- Media: front-page coverage across South Island outlets spotlighting the launch, school leadership voices and school results.

**What's next for your school (2026)**

- Whole-school implementations (leadership, staff, TAs, and whānau training)
- Culturally responsive localisation
- On-the-ground coaching with support from BrainHug and RTLB.
- Implementation is paced to your school's needs, with BrainHug supporting schools nationwide. RTLB support is available in the Nelson/Tasman region only.

**Pricing**

*Reboot is offered through two roll-based pathways (≤100 ākonga / 101+ ākonga). All packages include lifetime access to core Reboot resources, online training with Sarah Ralston, and implementation support through BrainHug and/or RTLB (Nelson/Tasman). Optional add-ons are available.*

**For pricing and a package aligned to your school's needs, contact Emma at BrainHug.**

**Kōrero with us about bringing Reboot to your kura**

Emma Hunter — [emma@brainhug.co.nz](mailto:emma@brainhug.co.nz)

BrainHug Charitable Trust — [www.brainhug.co.nz](http://www.brainhug.co.nz)



BrainHug Charitable Trust (NZ Charity) is not registered for GST. If our GST status changes in future, GST may apply to subsequent quotes only.