



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 relationships, regulation 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

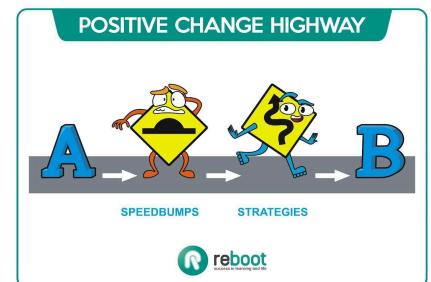
- Practical & visual tools you can use tomorrow.
- Whole-school common language that plugs into existing systems.
- Staff wellbeing at the centre.

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



Early momentum in Aotearoa New Zealand Reboot and BrainHug Charitable Trust are partnering to localise and scale the model across Aotearoa.. **Early NZ signals:**

- Reduction in stand-downs; calmer classrooms and stronger whānau engagement.
- 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*.

What's next for your school

- 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.

Key feedback and Testimonials from Educator Workshops:

• 100% agreed or strongly agreed the workshop increased their understanding of growing resilience in young people. • 100% agreed or strongly agreed the workshop clearly demonstrated trauma-transformative approaches to learning. • 100% agreed or strongly agreed the workshop gave them practical strategies they could use immediately. • 97% agreed or strongly agreed they felt confident to begin using Reboot tools in their own setting. • 97% agreed or strongly agreed the content felt culturally resonant in an Aotearoa New Zealand context. • 97% agreed or strongly agreed the workshop increased their understanding of student agency and how to support it.	"Thank you so much — one of the best PLDs I have ever attended!" "Really entertaining and enjoyable, therefore memorable and more effective than most PLD." "Amazing, thanks for filling my bucket full of inspiration, I needed it!" "An amazing two days — thank you for the incredible opportunity." "Loved the delivery, great opportunity to connect with others, exciting to be part of this journey. Thank you for sharing this mahi." "Loved how interactive this was."
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Kōrero with us about bringing Reboot to your kura

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