



May 2023

Dear Parents/Carers,

We are passionate at Seaford Head about helping every student achieve their potential. Supporting students on their learning journey is not just about teaching great lessons and helping students to learn. It is also about helping them build great daily behaviours to support their incredible brain to be the best that they can be.

We are working with Andrew Wright and Darren Warner-Swann at Action Your Potential to offer some Year 8 students group coaching support on Tuesday 6th June, to build daily behaviours that improve learning, well-being and memory.

Action Your Potential supports over 200 students a month across the country, helping them improve their learning and well-being strategies by understanding how their brain works and how to get more out of it.

The sessions will focus on how to implement daily habits to support well-being, learning and memory.

They are fun and engaging and students and families who have benefitted from them report a 95% level of satisfaction with the support.

If you would not like your child to take up the offer of support, please let me know. Students will be allocated to groups for the 6th June and notified which room they should attend.

Kind regards,

Mr. Whittaker  
Assistant Headteacher

## Seaford Learning Trust

Mr R Ellis, Headteacher

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