



May 2023

Dear Parents/Carers,

This year we're working with [Action Your Potential](#) to support our students build great well-being, mind management and learning skills as they progress through Year 10 and get ready for Year 11. AYP supports students, parents, carers and school staff to get the most out of the amazing brain by offering workshops, coaching, and training that supports the building of powerful daily habits that work with our brains.

Andrew and Darren from Action Your Potential will come in and deliver workshops for our Y10 students on Monday 22nd May. Your child will be made aware of this and I personally will email all of them with the room and timings. Andrew and Darren are coming in regularly to support students and will offer some powerful advice to students on some daily habits that will support them to learn & remember more. They wanted to share these habits with you too, so you can support your child to build the habits to help them. [video course is here.](#)

AYP has set up a parent course on their #NeuroNinja Learning Hub that will break down the key learning, well-being and mind management habits that we share with students. To sign up to the #NeuroNinja Learning Hub to get access to these courses (they are around 30 minutes long), plus much more just [click here](#). Once you sign up you will be sent a password and log in and be given access to the Parent Courses and other relevant content. AYP takes your privacy seriously and won't use this information for anything other than informing you about this course and sharing support resources. [Our GDPR policy is here.](#)

To find out more about the #NeuroNinja programme and Action Your Potential visit their website – www.actionyourpotential.org.

The Learning Routines they will be recommending to Y10 students are transformative and have a track record of securing great results for the students that use them.

Seaford Learning Trust

Mr R Ellis, Headteacher

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AYP
Action Plan Presenter

The Study Habit – each day

1. Study Capture (5 mins)
2. Box & Frayer Flash Cards (5 mins)
3. Mind Map Build / Review (5mins)
4. Effortful Subjects (10 mins)

Once Andrew and Darren have met the students and shared the habits we will send more information and advice to support parents and carers.

Best wishes

Francesco Pettinato

Mr. Pettinato, Francesco Giuseppe
Teacher of Spanish
Head of Year 10