

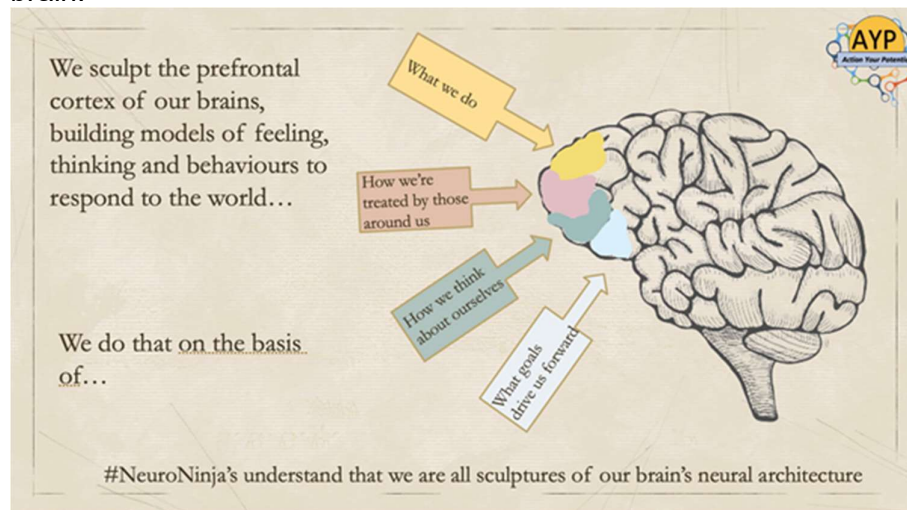
November 2023

Dear Parents and Carers of Y11 Students in #NeuroNinja Study Pods,

### **Visit 1 - Changing Our Brain and Study Capture**

Ian and Darren from AYP were at Seaford Head yesterday working with their Y11 Pods. Your child is part of these Pods, group coaching experiences, designed to help them develop the daily habits to help them prepare successfully for their GCSEs.

In this first Pod we explored with students the 4 psycho-social forces that shape their brain.



There are 4 psycho-social forces that shape the front of our brains every day.

These are:

- Our habits
- Our relationships with others
- Our relationship with ourselves
- Our goals

[Here is a video](#) that explains how they work and how we can use these forces to change our brain, which then changes our mind and improves our learning and memory skills.

In this first visit we also looked at a key element of a Daily Study Habit.

**KS4 Learning Routines - each day**

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

Here are some videos that explain the habit

[The Study Habit](#)

[Study Capture](#)

[Daily Flashcards](#)

Here is a [link to a study capture sheet](#), it would be great if all of the students can have built this habit by our next session.

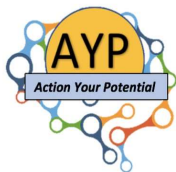
If you would like to find out more about #NeuroNinja Study Pods we are running a short webinar on Wednesday 13 December at 8:30pm to explain to parents and carers the aim of the Pods. To sign up to that [webinar click here](#).

As parents and carers at Seaford Head you all have access to the #NeuroNinja Learning Hub, [click here to sign up](#). Any questions, please just email me - [andrewwright@aypuk.com](mailto:andrewwright@aypuk.com)

Best wishes,

Andrew  
AYP

Action Your Potential



*"Once the mind is stretched to a new idea, it never returns to its original shape."  
Oliver Wendell Holmes*

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