



January 2024

Dear Parents and Carers,

#NeuroNinja Study Pods to Support GCSE Success

We are passionate at Seaford Head School about helping every student achieve their potential. Supporting students on the 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.

Starting next week, we are offering some Year 10 students the opportunity to be part of a powerful and effective new initiative to help them achieve GCSE success. It is called #NeuroNinja Study Pods and it is run by a company called [Action Your Potential](#).

A Study Pod is a small group of students who are being coached together to help them build powerful learning, memory and well-being habits to help them rise to the challenge of GCSEs. These sessions are short and positive interventions which occur every 2-3 weeks and include a couple of new habits for students to begin to build into their day and week to help them build the neural architecture to help them respond positively to the demands of Year 10. Learners will be given specific slots indicating the time and room for their Study Pod via their year team.

[Here is a short video](#) from Andrew, AYPs founder explaining how Study Pods are designed to work. After each Pod they will send home some of the resources that they spoke to the students about so you are aware of the conversation and they can be supported to implement the habits. As parents and carers of students in Study Pods we want to share the powerful strategies we're sharing with the students with you too. AYP will invite you to termly Study Pod webinars that will keep you informed.

The school has also funded a number of webinars for parents and carers in the next couple of months, which gives access to the recordings via the #NeuroNinja Learning Hub. [Sign up here](#).

If you have any questions about this support, please contact either the school or email Andrew from AYP directly at andrewwright@aypuk.com

Yours sincerely,

Mr S Whittaker
Assistant Headteacher

Mr W Beverely
Head of Year 10

Seaford Learning Trust

Mr R Ellis, Headteacher

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