



April 2024

Dear Parents, Carers and Year 11 Students

We are always looking for ways to support our wonderful students and their families. We have been working with [Action Your Potential](#) for a number of years. Andrew and his team of 30 coaches use neuroscience to support students, parents, carers and our staff to understand their amazing brain so they can get the most out of it. Being the best version of themselves as they prepare for their exams this summer is one of the biggest challenges students face.

Action Your Potential have put together **21 Video Shorts** (#NanoNeuroNinja Videos) which are full of great advice and support as students prepare for their exams this summer. Each video is under 2 minutes. The videos include:

| #NanoNeuroNinja Support for Exams (Live link below) | Content |
|--|--|
| You have everything you need at the top of your neck | <i>Why you have everything you need already in your amazing brain</i> |
| Supporting Future You | <i>How to think about the next 2 months</i> |
| Growth-Affirming Beliefs | <i>The importance of your beliefs in driving your revision behaviours</i> |
| Building mental flexibility | <i>How to build and maintain mental flexibility this exam season</i> |
| 4 Psycho-social forces & Insight | <i>How we can all change our brains everyday</i> |
| Maintaining Insight During Exams | <i>How to maintain insight and stay calm through the exam period</i> |
| Building Calm During Exams | <i>How to build calm during our exams</i> |
| Building Calm During Exams (2) | <i>How to build calm during our exams</i> |
| Instant Calming and Distraction Techniques | <i>How to calm & distract ourselves when we're feeling overwhelmed</i> |
| Managing Your Worry System During Exams | <i>Managing your worry system during exam season</i> |
| Manage Your Mind Wandering Network | <i>How your mind wandering networks works</i> |
| GLADEN | <i>How to practise gratitude this exam season</i> |
| Well-Being Is A Skill | <i>How to build great well-being everyday</i> |
| How Revision Works To Build Memory | <i>How memories are built during revision</i> |
| Powerful Flashcards | <i>How Frayer flashcards work to build great memory</i> |
| Effortful Subjects And Topics | <i>How to tackle the trickiest subjects first</i> |

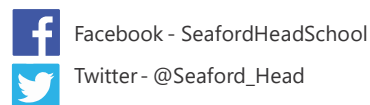
Seaford Learning Trust

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|--|--|
| Study Reps | <i>The most powerful way to revise</i> |
| Learning and Practice Reps | <i>How to structure learning and practice reps</i> |
| Testing Reps | <i>How to structure testing reps</i> |

A full webinar giving [details of all these techniques is here.](#)

Follow AYP's social media channels, they will be posting good advice and support every day. They support 1000s of students across 170 schools with sound, practicable and actionable advice every week of the year. You can find those channels here on [Twitter](#), [Facebook](#), [Youtube](#), [LinkedIn](#) or [Instagram](#).

All parents, carers and students have access [to the #NeuroNinja Learning Hub](#), where there is lots of support available on the various channels there.

We know this can be a stressful time for parents, carers and students, but our staff have prepared students well and the advice in this letter will support them to be the best version of themselves in the lead up and through the exams this summer.

We always say to students, living in their amazing brain, with its 300 trillion available connections:



Best wishes

Mr D Miller, Head of Year 11 and Mrs S Moloney, Assistant Head of Year 11

Andrew, Darren, Angela, Ian and Hannah & the coaching team at AYP