

September 2026

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 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.

During the course of this school year, we are offering every Year 11 learner the opportunity to be part of a powerful and effective 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 learners 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 including a couple of new habits for learners 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 11. Learners will be given specific slots indicating the time and room for their Study Pod via the Year team.

[Here is a short video](#) from Andrew, AYPs founder, explaining how Study Pods are designed to work.

The school has also funded a number of AYP webinars for parents and carers this year and is also funding free access to the recordings via the #NeuroNinja Learning Hub. [Sign up here](#).

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

Yours sincerely,

Mr S Whittaker
Assistant Headteacher

Mr J Purdey
Head of Year 11