

January 2026

Dear Parents/Carers

Year 10 Academic Development Evening for Parents

We're always looking for ways to support our students and wonderful parent community. As you know we work with **Action Your Potential** to support our students' mental health, learning progress and mind management. Our aim is to support every member of our community to become a #NeuroNinja in order to find out all about their amazing brain and enjoy and engage with life to the full.

On **Thursday 29 January**, Action Your Potential are running workshops for all our Y10 students, focused on how the brain's learning and memory systems work. At AYP we use neuroscience to help people understand their amazing brains and we will be looking at what students can do each day to improve their memory, retention and mental flexibility. The workshops are designed to help the students manage the challenge of learning and also put planning systems in place to aid success in their GCSEs.

Following the workshops for students we're excited to announce the online Academic Development Evening for Y10 parents at **20.00 on Thursday 29 January**. To sign up to this event for parents and carers please [complete this form](#).

As a member of our school community you already have access to the #NeuroNinja Learning Hub. You can sign up [here](#) if you haven't already done so. If you have any questions about the #NeuroNinja programme please email Andrew Wright - andrewwright@aypuk.com

Yours sincerely,

Sabrina Lawson
Assistant Head

Andrew Wright
Action Your Potential