



# Seahaven Academy

The best in everyone™

Part of United Learning

4<sup>th</sup> November 2019

Dear Parents, Carers and Students

**The Neuroscience Revolution Is Coming to...Seahaven Academy Tuesday 19<sup>th</sup> November 2019 – Launch Seminar: Being A Study Ninja 6:30 – 7:30pm Main Hall**

We're excited to invite you to a series of 8 innovative seminars about our amazing brains for parents, carers and students. Our first seminar is all about well-being. Andrew Wright, from local innovative company, and ex-deputy Principal at Uckfield College will take you on a tour through your amazing brains.

Andrew says; *"In the last 10 years we've learnt more about the brain than we have in the last 10,000. This knowledge is new to parents and teachers alike. The science is absolutely fascinating. And it transforms what we do. Once you've understood how the brain works it's impossible to return to the naive state. As a result, you'll never look at yourself or your children the same way again."*

In this first launch seminar we're focused on helping our students to become Study Neuro-Ninjas. The seminar will focus on how we can use what we know about the brain to help our children be great studiers. Parents, carers and students are encouraged to attend together. It is a great family learning experience! We will also take a quick tour through the Neuro-Ninja tool-kit course which is coming to Seahaven in the New Year, dates to be confirmed soon.

To sign up click [on the link](#), (or email [actionyourpotential@gmail.com](mailto:actionyourpotential@gmail.com)) Action Your Potential will only use your data to send you the slides after each seminar and send you updates about up, coming seminars.

It is a very exciting time to be alive, our Neuro-Ninja Tool-Kit course for parents, carers and students is all about helping all of us to live inside our brains with the cognitive and emotional agility to build the best version of ourselves every day.

As part of the Neuro-Ninja course all of our families have access to a brain science website at [www.actionyourpotentialtoday.com](http://www.actionyourpotentialtoday.com) (password Neocortex123).

We look forward to welcoming you to the neuroscience revolution.

Yours sincerely

Mr Davis  
Assistant Headteacher

Andrew Wright  
Action Your Potential



**Principal Sarah Pringle**

United Learning comprises: UCST (Registered in England No: 2780748. Charity No. 1016538 and ULT (Registered in England No. 4439859. An Exempt Charity). Companies limited by guarantee. VAT number 834 8515 12.

Seahaven Academy  
Southdown Road  
Newhaven  
BN9 9JL

t 01273 517601

f 01273 611182

e [office@seahavenacademy.org.uk](mailto:office@seahavenacademy.org.uk)

[www.seahavenacademy.org.uk](http://www.seahavenacademy.org.uk)