

9 January 2026

Dear Parent/Guardian

Year 9 – Positively You – Super Speed Study Skills

We are delighted to inform you of an exciting opportunity we have arranged for all Year 9 students on **Tuesday 20 January**.

On this day, students will take part in a **‘Positively You – Super Speed Study Skills’** workshop, a high-impact and highly interactive learning experience designed to help students establish strong foundations for GCSE study. This workshop has consistently been a firm favourite with students, and we are very pleased to be welcoming the **Positively You** team back following their successful work with our current Year 10 cohort last year.

About the workshop:

Super Speed Study Skills is designed to inspire creativity and enthusiasm for learning, while showing students how to develop effective and positive study habits. The session focuses on practical techniques that students can apply across all subjects, helping to improve retention, recall and independent learning skills. The workshop aligns with **Gatsby Benchmark 4**, as well as the **Ofsted Three ‘I’s** (intent, implementation and impact) and the **NERUPI framework**.

Aims of the workshop

- To show students that studying really can be fun
- To raise standards of learning and cognition
- To encourage students to use a wide range of learning techniques

Workshop content

Students will be introduced to a variety of proven study strategies, including:

- Visualisation and association
- Technique planner
- Revision timetable
- Study time calculator
- Summary poster
- The Feynman Technique
- The 2-minute rule



Workshop overview and benefits

The Super Speed Study Skills workshop encourages students to develop metacognition and take greater control of their own learning. This supports independent thinking and helps students develop the skills needed to become lifelong learners.

Students will benefit from:

- Boosted metacognitive skills
- Increased motivation and confidence
- A range of tools and techniques to suit different learning styles
- Promotion of interleaving, spaced repetition and retrieval practice

The workshop will last **one hour** and will replace **one lesson** for students on that Tuesday.

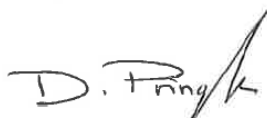
If you would like to find out more about Positively You, please visit their website using the link below:

<https://positivelyyou.org.uk/>

We are very excited to be offering this opportunity to our Year 9 students and are confident it will provide them with valuable skills as they begin preparing for the demands of GCSE study.

Thank you for your continued support.

Yours sincerely



Mr D Pringle
Head of Year 9
Maiden Erlegh School

