



15 May 2026

Dear Parent/Guardian

Year 10 - Positively You – Super Speed Study Skills Workshop

We are delighted to inform you of an exciting opportunity we have arranged for all Year 10 students on **Monday 8 June 2026**

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 the year group 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 Monday. Students will be informed in advance when their sessions will be.

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

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

We are very excited to be offering this opportunity to our Year 10 students and are confident it will provide them with valuable skills as they continue to prepare for the demands of GCSE study.

When the students return to school in Year 11, there will also be two further sessions with the Positively You team within the school year which will focus on 'Mastering Student Motivation' and 'Exam Busters'. Dates will be confirmed once we move into the new academic year.

Thank you for your continued support.

Yours sincerely



Mr Bryant
Head of Year 10

