



Dear Parents,

We have recently introduced a programme to all year groups at school called myHappymind. myHappymind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappymind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day. The children had their first lesson this week and they all thoroughly enjoyed learning about their brains!

myHappymind has also developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, for you to learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is 137854

Or you can scan this QR code to sign up



We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum. If you have any questions about the curriculum, please contact me or your class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

I would like to invite you along to a parent workshop on **Wednesday 22nd November at 2.30pm** where I will talk through the programme with you and we will have the opportunity to look at the resources that the children are using.

We are so excited to be starting our myHappymind journey and we truly feel that it will be of huge benefit to every child.

Alison Dodd
SENDCo