



Monday 22nd September 2025

Dear Parents,

At Gretton, we use programme with all year groups which is 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 our classes every Monday, through a series of interactive lessons and the children then apply these learnings throughout the day. The children in Robins had their first lesson last 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 programme. Also included are optional 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 these lessons. If you have any questions about the lessons, please contact me or Miss Cross .

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

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

Mrs A. Dodd
SENDCo and wellbeing lead