



Friday 20th September 2024

Dear Parents and Carers,

We have introduced a program to all year groups at school called 'My Happy Mind.'

'My Happy Mind' 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!

'My Happy Mind' is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

To further embed this learning, 'My Happy Mind' has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring 'My Happy Mind' Games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code.

SEE POSTER ATTACHED

Once you have created your account, you will receive an email with the next steps on downloading the app.

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 'My Happy Mind', please contact your class teacher.

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

Want to learn more? Check out 'My Happy Mind' founder Laura Earnshaw's best selling book on [Amazon](#).

Many thanks

Miss Loveless
Deputy Headteacher

