



We are proud to be a myHappymind school!

'myHappymind is an NHS-backed, award-winning, science-based preventative mental health program designed for schools, nurseries, and families. It helps children aged 3–11 develop resilience, self-esteem, and emotional management through five core modules—Meet Your Brain, Celebrate, Appreciate, Relate, and Engage'

Friday 13th February 2026

Dear Parents,

On Wednesday 25th February at 3pm, we will be holding a 'myHappymind' session for Reception parents/carers. You will get to experience a myHappymind session and join in with some activities.

This programme is a whole school approach grounded in science and dedicated to building positive mental wellbeing. myHappymind helps children understand how their brains work and creates a culture that helps build children's resilience, confidence and self-esteem.

If you haven't already, we highly recommend downloading the myHappymind app – the QR code can be found on your child's Reading Record file.

We hope to see you at the session. Many thanks for your continued support.

Take care

Miss Loveless

