



March 2021

Dear Parents,

We are excited to announce we are using an online resource program called **myHappymind** to support the children in school. **myHappymind** helps children understand how their brain works and supports them in developing positive skills and habits to be their very best selves!

The **myHappymind** program is being delivered in our school by each Class Teacher through a series of interactive lessons and the children can apply this learning throughout their day.

myHappymind has also developed a set of resources for parents. These free resources are available for parents to access online or through the **myHappymind** app.

The additional resources for parents are designed to help children to continue to practise some of the habits they have developed at school, such as happy breathing. The online resources will also help parents understand what the children are learning via the program in school. Also included are activities for you to do together at home, to complement the activities your child will be doing in school.

To access these materials please visit:

<https://myhappymind.org/parent-resources> and you will be guided through the process. We would encourage you to make use of this free content so that you can support your child in getting the best out of the program.

If you have any questions about the program, please contact your child's Class Teacher.

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

Thank you for your support and we hope you find the resources both useful and enjoyable.

Mrs Christine Lynch
Headteacher

