

Supporting your child to Thrive with myHappymind

At All Saints, we want every child to flourish academically, socially and emotionally. As part of our commitment to helping children become confident, resilient and successful learners, we are delighted to be using **myHappymind** across all year groups.

myHappymind is a whole-school programme that helps children understand how their brain works, manage their emotions, build positive relationships and develop habits that support good mental health and wellbeing. These are lifelong skills that help children not only in school, but throughout their lives.

The programme complements and enhances our Personal, Social, Health and Economic (PSHE) curriculum and links closely to our school vision of **"learning and growing together to be the best that we can be."**

Children take part in engaging myHappymind lessons with their class teacher and are encouraged to apply what they learn throughout the school day. We have already seen children embracing the language and strategies from the programme, helping them to become more confident, reflective and positive learners.

Bringing the Learning Home

One of the most powerful ways to help children develop these skills is when school and home work together. That's why we would love every family to access the free myHappymind Parent App.

The app gives you:

- An insight into what your child is learning in school
- Simple activities to enjoy together at home
- Practical ideas to support your child's wellbeing and confidence
- Access to the Kids Zone, featuring games and fun activities linked to their learning
- Tips and resources to help the whole family develop positive habits

Just a few minutes each week can make a real difference and help reinforce the important messages your child is receiving in school.

Getting Started

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.

Your authentication code is 148319
Or simply scan this QR code to sign up



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

Please Join Us

We strongly encourage all parents and carers to take advantage of this fantastic free resource. By engaging with myHappymind at home, you can play an important role in helping your child develop the confidence, resilience and positive mindset they need to thrive both now and in the future.

If you have any questions about the programme, please contact your child's class teacher.

For technical support with accessing the app or resources, please contact **hello@myhappymind.org**.

Thank you for your continued partnership in helping our children learn, grow and be the very best they can be.

Many thanks,

<i>Mrs K. O'Grady</i>	<i>Mr R. Wagstaff</i>
Headteacher	Sports and Personal Development Lead

