



22/5/23

My Happy Mind

Dear Parents

We have been running the **My Happy Mind Program** since the start of the academic year. The children take part in sessions every Monday and really enjoy it. This programme of study helps explain to children how to understand their emotions and improve their mental health and well-being as well as completing the National Curriculum requirements. You may find they do 'happy breathing' at home. During the study, they have learnt about their own brains and how different challenges can affect different parts of the brain. They have also learnt about how unique and amazing they all are.

As a school, we are going to try for the **Bronze accreditation award**. To gain this we need some parental comments. If you would like to make any comments, could you use the link overleaf? It would be really appreciated. If you would like to email the office then they can forward it on to the Happy Mind team.

In September, we are hoping to set up the parent app, which could be of benefit for the children and adults at home. Watch this space!



Kind regards

K Scott

Mrs K.Scott
Headteacher



Parents and Carers! We need you!

We are thrilled to let you know that we are applying for the myHappy mind Bronze Accreditation. The Accreditation recognises schools that are embedding the myHappy mind curriculum into school life and taking real action to improve the mental health and well-being of the school community.

If we succeed, we will become a Bronze Accredited myHappy mind school and receive some amazing resources for the children to use in school.

As part of the application, we are asked to provide feedback from parents, so we would love your support!

If you could please click the below link and provide myHappy mind with some feedback on the program, that would be really appreciated.

<https://myhappymind.org/ParentFeedback>.

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

Want to learn more? Download the FREE Parent App using the QR code or check out myHappy mind founder Laura Earnshaw's best-selling book on [Amazon](#).



Many thanks,