



St John's
CE Primary School

Isaiah 40:31 'They will soar on wings like eagles'

Head Teacher: Mrs E. Cook
Deputy Head Teacher: Mrs D. Ellithorn

Dear Parents/ Carers,

As part of our PHSE curriculum in school, we use a program called myHappyMind. myHappyMind is based around helping children to understand how their brain works and to support them in developing positive skills and habits. myHappyMind is delivered across all year groups in schools by the class teacher, through a series of interactive lessons which children can then apply to their learning throughout the day.

myHappyMind has developed a set of resources for parents/ carers which can be accessed either online on your computer, or through an app on your phone. There are videos, songs, games and activities for you and your child to do together or by themselves. The great thing is that by now, a lot of these will be familiar to the children from school and I am sure they will love to share with you what they have been learning. The resources are all free and will allow your child to continue to practise some of the habits they have developed at school. The program is organised into five modules which each have a different set of resources:

1. Meet Your Brain - **happy breathing** and meditation scripts which can help children to feel calm or manage anxious thoughts.
2. Celebrate – **character strengths** to help build self-esteem,
3. Appreciate – **gratitude**,
4. Relate – friendships and looking at things from **someone else's point of view**,
5. Engage – **setting goals**.

To access these **free materials** just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. **Your authentication code is 145 560.**

We really encourage you to download the app and make use of this free content so that you can support your child and encourage good mental health.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org If you have any questions about myHappyMind, please come and speak to me on the gates in the morning. I'm the one with the bagels!

Mrs Campbell
Pastoral Lead

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