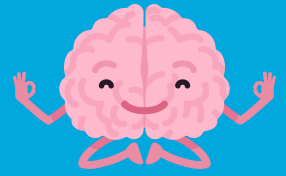


HOOLE CE PRIMARY SCHOOL
MY HAPPY

NEWSLETTER
VOLUME 1

MIND



What is
My Happy Mind?

My Happy Mind is an NHS backed programme which we have implemented in school from September.

We believe that My Happy Mind needs to be shared with parents, carers and families so that we may work in partnership to support children's mental and emotional development.

The aim of My Happy Mind is to build a culture of positive mental wellbeing. The programme is grounded in scientific research and is designed to help children to gain the skills needed to thrive in tomorrow's world. Children learn how their brain works when they feel anxious or uncertain and build strategies to ensure that parts of the brain work together to enable them to self-regulate and feel happy and calm.

Thank you to parents and carers who attended school on 15th October for the My Happy Mind introductory workshops. We hope that you found the sessions helpful and informative.

For those who were unable to attend, this newsletter will give you information about the programme and how this will help us to support our children.



The Structure of My Happy Mind



The programme is divided into five modules.

Children learn that their brain is an organ that changes and grows and that they control their minds in terms of where they focus it and how they look after it. This is a key concept as it starts to build a sense of 'ownership' and an understanding that, children can take control of and look after their own minds.

Meet your Brain

The introductory module supports children in developing an understanding of how their brain works and how to ensure that they look after their brain so that they can manage their emotions. This module also looks at neuroplasticity and growth mindset principles so children understand how they learn and what they need to do to achieve their goals.

Celebrate

In this module, children are taught to appreciate themselves as unique individuals with many special qualities. Pupils think about their character strengths and learn how to celebrate them. This really fits in with our school vision "Let your light shine" and the positive culture in our school of celebrating children's achievements, however great or small.

Appreciate

This module focuses on why gratitude matters. Children learn ways to express gratitude and how they can develop gratitude as a positive habit to support their emotional wellbeing. As part of the My Happy Mind programme, children have journals which they use to record their reflections, thoughts and feelings.

Relate

In this part of the programme, children build an awareness of why positive relationships matter and how to build them. We explore the building blocks of good relationships and friendships, encouraging children to value themselves and others around them.

Engage

This module is focused on building self-esteem and resilience. Children consider how they can set meaningful goals. They then reflect on how they can work towards their goals with confidence and perseverance, navigating any challenges they may face along the way.

My Happy Mind fits within our Personal, Social and Health Education (PSHE) curriculum. Across the year, children's learning in this subject is based on the Coram Education SCARF Curriculum and My Happy Mind.

SCARF stands for Safety, Caring, Achievement, Resilience, Friendship. The SCARF programme is a whole school approach to health and wellbeing.

How is My Happy Mind delivered in school?

Every class has a Team H-A-P, which is used to illustrate how parts of the brain work together.

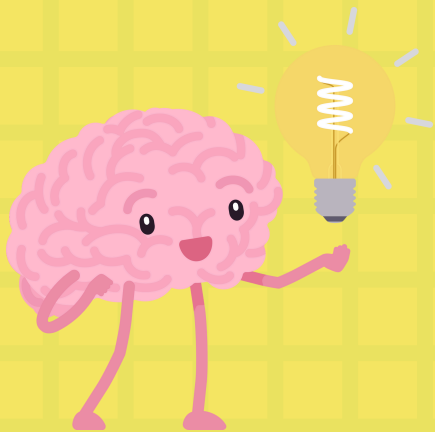
Team H-A-P comprises of three heads, which each represent a different part of the brain. The children will learn about three key parts of their brain; Hippocampus, Amygdala and Prefrontal Cortex. We call them Team H-A-P for short and they each have a special role:

Hippocampus - is like a scrap book storing our memories and things that we learn.

Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing or flighting!

Prefrontal cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.

What is Team H-A-P?



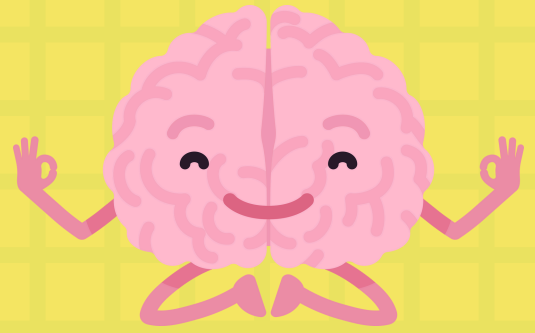
The overview for PSHE (Personal, Social and Health Education) for your child's year group is attached.

This shows how the SCARF programme and My Happy Mind are combined to form a rich curriculum which equips children for the future.

What does learning look like for my child's year group?



App info for parents/carers



To further embed this learning, My Happy Mind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your smart phone.

The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring My Happy Mind Games plus much more!

To access these materials just go to www.myhappymind.org/parent-resources to create your free account. You will need to enter your name, email, and authentication code.

Your authentication code is **134248**.

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.

We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum.

If you have any questions about myHappymind, please contact your class teacher.

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

Want to learn more? Check out myHappymind founder Laura Earnshaw's best selling book on Amazon.

My Happy Mind helps you learn about your brain and it shows how you can make good choices to be kind to friends and to yourself.

I love the happy breathing. It helps me to clear my head. I like writing in my journal because I can write my thoughts.

I like My Happy Mind. It makes me feel more relaxed.

My Happy Mind helps you to learn about your brain. If you know about your brain and how it works, it can help you to control it better.

My Happy Mind helps me with calming when I feel a bit annoyed or unhappy. Team HAP has taught me about the different parts of my brain and what they do.



Pupil feedback about My Happy Mind

It is great learning about the brain. I do the breathing if I feel scared or worried. I did it when I was scared to go to sleep and it helped me to go to sleep.

It is good to learn about how to control your feelings. Sometimes I feel a bit overwhelmed and things feel like too much. It is good to learn how to control how I feel more.

What happens next as we develop My Happy Mind in our school?

After half-term, the Introductory workshop will be repeated so that as many parents and carers as possible have been able to access this.

We want My Happy Mind to have impact for children both at home and at school.

Further information about forthcoming sessions will follow in due course.

