

HOOLE CE PRIMARY SCHOOL  
**MY HAPPY**

NEWSLETTER  
VOLUME 2

**MIND**



What is  
My Happy Mind?

My Happy Mind is an NHS backed programme which we have implemented in school since 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 for the My Happy Mind introductory workshops. We hope that you found the sessions helpful and informative.

We have just come to the end of the Celebrate module in the My Happy Mind programme. This newsletter will give you information about what we have learnt and how this will help us to support our children.

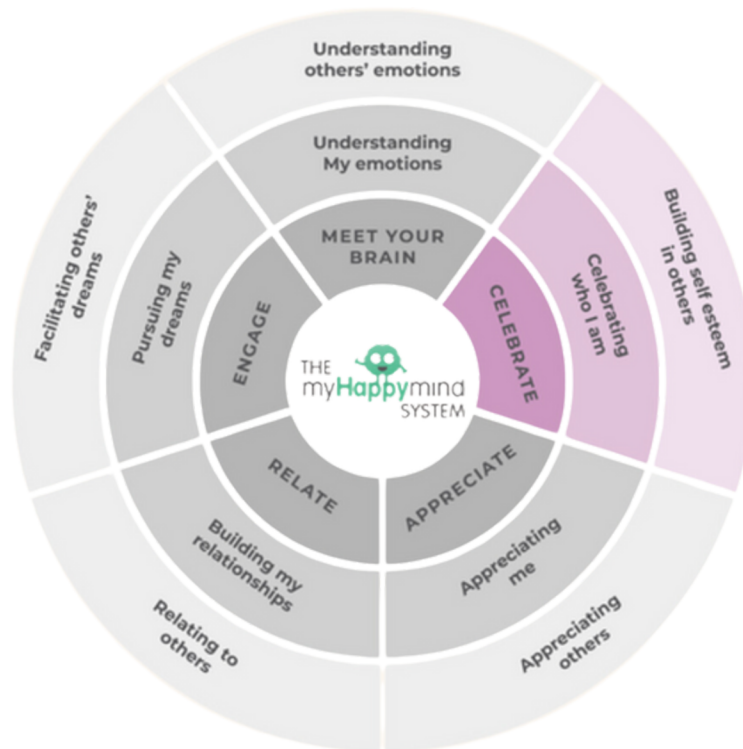
We have learnt:



### **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.

- What Character Strengths are and why they matter.
- How to recognise Character Strengths in ourselves.
- How understanding Character Strengths can make us feel.



**Why not ask your children to tell you what they have learnt? Here are some questions to help you:**

- What is your top Character Strength?
- Which strength would you like to grow and use more?
- Why is it important to spot Character Strengths in other people

**Next we enter the Appreciate module.**

We will be learning all about how to develop an Attitude of Gratitude and how that makes us feel amazing!

Support your  
child at home



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](http://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](mailto:hello@myhappymind.org)

**Want to learn more?** Check out My Happy Mind founder Laura Earnshaw's best selling book on Amazon.

My happy Mind has given me a better understanding and I will utilise the app and encourage my child to use it too. I am all for happy breathing!!

I'm looking forward to using the app more and learn the skills as a parents to use at home in everyday life - thank you.

I think this will be very useful to start using at home. the workshop was very useful.

Thank you for the information provided! I explored the app and learned an incredible amount of new things! Thank you!

Really looking forward to trying it at home. Thanks for introducing it in the school. Mental health needs to be looked after proactively.

It was really helpful to understand more of what my child has been talking about and it makes me feel more confident going forward. Thank you.



## Parent feedback about My Happy Mind

Really looking forward to trying it at home. Thanks for introducing it in the school. Mental health needs to be looked after proactively.

We have held several My Happy Mind parents workshops and have welcomed over 150 parents and carers so far!

We have received an overwhelmingly positive response about the programme, some of which is shown here!

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

