



Dear Parents and Carers,

We have introduced a program called My Happy Mind across our Federation. My Happy Mind helps the children to understand how their brain works, identify their character strengths and develop positive Mental Health strategies to be their very best selves.

You may have already seen the toys and books in the school Library, heard them talking about Team HAP or My Happy Breathing! The aim is to support the children in having open conversations about their feelings, alongside applying the My Happy Mind learning, as part of their daily lives.

My Happy Mind is delivered across our Federation through a series of interactive lessons and assemblies. My Happy Mind is an integral part of our PSHE provision and Mental Health advocacy.

To further embed this, My Happy Mind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your 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 <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 **107793**

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 My Happy Mind, please contact your class teacher.

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

Many thanks,

Miss Fran Barber and the staff at Steam Mills School