



'This is a school that cares deeply.'
(OFSTED 2025)

21st October 2026

Dear Parents,

We are excited to share that we have recently introduced a new programme to all year groups called **myHappymind**. **myHappymind** helps children develop a better understanding of how their brains work, while building positive habits and skills that support their wellbeing, resilience and confidence, helping them to be their very best selves. The programme is delivered by class teachers through weekly engaging and interactive lessons, with opportunities for children to apply their learning throughout the school day. We also focus on strategies and key messages from the programme in worship each week.

We also use **myHappymindPlus** as our **PSHE and Relationships and Sex Education (RSE)** curriculum scheme across the school. This helps children develop important life skills, understand their emotions, build healthy relationships and learn how to keep themselves safe and well. By combining PSHE & RSE learning with the **myHappymind** approach, we are helping children to build strong foundations for both their personal development and future success, supporting their resilience, confidence, wellbeing and positive mental health.

To further embed this learning and strengthen these messages at home, **myHappymind** also provides a fantastic **Parent App**. This free resource gives you an insight into what your child is learning in school and offers simple activities that you can enjoy together at home. The app also includes a dedicated Kids Zone, featuring **myHappymind** games and a range of additional resources for children and families.

To access the Parent App, simply visit [myHappymind Parent Resources](#) and create your free account. You will need to enter your name, email address and the school authentication code below:

Authentication Code: 125657



Alternatively, you can scan the QR code to sign up.

Once your account has been created, you will receive an email with instructions on how to download and access the app.

We would really encourage all families to make use of these free resources. They are a wonderful way to continue your child's learning at home and support them in developing the positive mindset and life skills that are such an important part of our curriculum.

If you have any questions about myHappymind, please do not hesitate to speak to your child's 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](#).

Thank you for your continued support.

Claire Pepin
Deputy headteacher and PSHE/RSE Subject Lead

