



MAYHILL JUNIOR SCHOOL

The Bury
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Dear Parents,

We have introduced a program to all year groups at school called myHappyMind. It is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day. To further embed this learning and ensure that you are able to engage in these topics with your child, myHappyMind has developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, for you to learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappyMind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is 116075

Or scan this QR code to sign up



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. Mayhill are hosting a parents information session on **Thursday 5th October 2023 at 3:30pm**, and we would like to invite all parents to attend to learn more about this programme.

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

Many thanks,

Mrs Allen and Miss Scholes
Senior Mental Health Leads



Making Memories, Growing Together, Loving Learning