

Bronze Accreditation Application - School



Criteria 1 - School Evidence

Evidence: *Quote from the Headteacher and one other member of staff about how myHappymind is positively impacting the children and providing them with preventative strategies to support their own mental health and wellbeing.*

“I think My Happy Mind is very important because it enables children to understand their strengths and it provides them with the skills to deal with life as they get older.” - Mrs Mander (Headteacher)

“It's lovely to see the children from Nursery to Year six receiving certificates, with such pride, in front of friends and family. I feel that Five Ways is very proud to be a part of the My Happy Mind family. It's lovely to see the children developing their understanding of how the brain works and how to become more resilient , confident and build self-esteem.

At Five Ways, the My Happy Mind program helps children with strategies, skills and tools they need to thrive in the modern world as we want to make sure that our children are adequately prepared for their life in their community in the future. We want them to make decisions for the correct reasons, be able to decide what is right and what is wrong, also to be resilient to influence others.” - Mrs Hill (Assistant Headteacher)

Criteria 2 - School Evidence

Evidence: Please provide a pupil quote around what they like the most about myHappymind and a completed Pupil Voice document from at least two classes.

Georgia from Year 2 said,
“Happy breathing makes
me feel calm.”

“I feel relaxed after a My
Happy Mind session.” –
Georgie from Year 2.

My Happy Mind Pupil Voice with Year 2 (13.3.25)

Q.1 – What do you enjoy about the My Happy Mind lessons?

Bertie- I enjoy happy breathing.

Amelia- I have enjoyed all of the modules.

Zayn- I like learning about the brain.

Georgia- Happy breathing makes me feel calm.

Q.2 – What have you been learning about?

Mikael- The hippocampus is like a scrapbook.

Jayden- The amygdala helps us to stay safe.

Daisy- The prefrontal cortex helps me to make good choices.

Toby- Our character strengths.

Q.3 – How does My Happy Mind support your well-being?

Georgie- I feel relaxed after My Happy Mind.

Theo- I feel happy.

Nellie- I feel calm.

Jacob- It makes me feel calm.

Q.4 – When do you use happy breathing outside of the lessons?

Carter- After PE lessons to feel calm.

Emilia- When I feel stressed in lessons.

Rory- At lunch time because I can get frustrated.

Harley- When I feel sad.

Q.5 – Do you ever talk about My Happy Mind at home?

Across the three classes asked- most children said yes or sometimes.

My Happy Mind Pupil Voice with Year 6 (21.3.25)

Q.1 – What do you enjoy about the My Happy Mind lessons?

-I enjoy the quizzes to recap what we did last week.

-I find the quotes interesting.

-I like to write how I am feeling in the journals.

Q.2 – What have you been learning about?

-We have been learning about our character strengths.

-We have been learning how to show gratitude.

-I feel more confident to go to high school.

Q.3 – How does My Happy Mind support your well-being?

-It teaches me new ways to calm down.

-I like to listen to the music.

-I feel calmer knowing about how my brain works.

Q.4 – When do you use happy breathing outside of the lessons?

-We used happy breathing together to relax at a sleepover.

-I used happy breathing to help me stay calm during an operation.

-I use happy breathing before a competition to stop me feeling nervous.

Q.5 – Do you ever talk about My Happy Mind at home?

Across the three classes asked- most children said yes or sometimes.

Criteria 3 - School Evidence

Evidence: Please provide two pictures illustrating how myHappymind is alive in your school. For example: wall displays, children receiving their end-of-module certificates, or Habit Agreements.



Criteria 4 - School Evidence

Evidence: Please provide a quote from a member of staff and a quote from a child about how the myHappymind habits are helping them on a daily basis.

"We use happy breathing to keep us calm in lessons." - Miss Kershaw (Nursery Lead)

"At Five Ways, we love celebrating the My Happy Mind achievements of children in front of their parents." - Mrs Mander (Headteacher)

"The children in Year One thrive off the My Happy Mind lessons." - Miss Buchan (Year 1 Lead)

"My top strength is kindness, because I help people." - Year 1 pupil

"We get to learn new strategies." - Year 4 pupil

"We like the happy mind song." - Reception pupil

"I enjoy drawing the emojis." - Year 3 pupil

Criteria 5 - School Evidence

Evidence: Please provide a quote from one of your teachers about how they integrate myHappymind across their regular teaching and learning and use the strategies cross-curricular.

"I refer to the learning of My Happy Mind across the curriculum- particularly when children are finding questions challenging or specific skills are needed. For example, in a maths lesson, I may remind children of their resilience and in a PE lesson, we may talk about the importance of teamwork.

I also use vocabulary learned within My Happy Mind, such as gratitude, when talking to the children about behaviour and expectations. We may describe things we are grateful for during the day to positively reinforce behaviour.

I offer the children opportunities to be mindful and use happy breathing throughout the day to help regulate their emotions, allowing them to be fully present in lessons across the curriculum."

-Miss Berry (Year 6 Lead)

Criteria 6 - School Evidence

Evidence: Please provide at least two parent testimonials about the impact they are seeing at home and evidence that the myHappymind parent app has been launched.

The My Happy Mind website has been linked on to our Five Ways website so that every child or parent has easy access to the My Happy Mind app, whenever they may need it.



“We have benefited from the happy breathing especially finger breathing” - Year six parent

“We have enjoyed playing My Happy Mind games within the kids zone area” - Year six parent

Criteria 7 - School Evidence

Evidence: Please provide evidence that myHappymind is profiled on your school website and provide a quote from one of your Governors about the improvement in the children's wellbeing since starting the programme.



My Happy Mind



An important part of life at Five Ways is celebrating the achievements of our pupils. You will be aware that as a school, we take part in the 'myHappymind' well-being programme to support pupils' mental health. As part of the programme, we hold half termly 'End of Module' assemblies where pupils who have engaged well in the myHappymind modules and have been an ambassador for the programme, receive a certificate in front of the rest of their year group as a celebration of their engagement. The pupils who have received a certificate this half term are listed here:

Year 1: James P, Louis H, Eliza L

Year 2: Isabelle S, Georgia M, Fleur L

Year 3: Darcie-Mai E, Maddison W, Thomas B

Year 4: Chase K, Freyja W, Mollie J

Year 5: Rosie H-G, Bobby T, Ava D-Y

Year 6: Liam L, Isabelle B, Noah C.

Well done everyone! We are very proud of you!

"I think my happy mind is an excellent program to support children and their caregivers to understand how their brains work. It is easy to access both at school and at home. The program is tailored to meet the needs of each child. I think it's fantastic to see the school developing children's mental health and well-being." - School Governor and parent.

"My Happy Mind ensures students feel comfortable to confide in and share their problems, which in turn will enable students to build a better mental health." - School Governor and parent.

Criteria 8 - School Evidence

Evidence: Please provide one staff testimonial of how myHappymind has supported staff wellbeing in and out of the classroom. For example: how have the Mini Masterclasses impacted your approach to dealing with challenging situations?

“My Happy Mind is a mental health and well-being program that supports both teachers and children to manage their emotions in stressful times, allowing them to be their best selves. Staff have enjoyed developing techniques in Happy Breathing. During meetings, we have reflected on strategies that have worked very well.” –Mrs Hill (Assistant Headteacher)

Anything else you want to share

The Five Ways' School Council have helped to gather pupil voice and other information needed for this accreditation.

They feel passionately about the positive impact of My Happy Mind in school and wanted to support the process of becoming accredited.

