



9th February 2024

Dear Parents,

I am delighted to inform you that we have introduced a program to all year groups at Five Ways called myHappyMind. myHappyMind 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 will be delivered in school by your child's classteacher through a series of interactive lessons and then the children apply these learnings throughout the day. The program will be launched with all pupils during the week commencing 19th February. 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 and for you to learn more about what your child is 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: **124070**

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 myHappyMind. In addition to this letter, a myHappyMind newsletter will be issued to parents at the start of each new topic. (The first newsletter has been sent home today.) If you have any questions about myHappyMind, please contact your child's classteacher.

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](https://www.amazon.com).

Yours sincerely,

Mrs R Mander
Headteacher

