

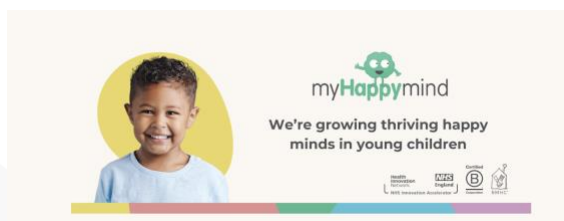


Monday 8th September 2025

Beaconside Primary & Nursery School

Dear Parents/Carers

We have introduced a well-being and mental health programme to all year groups at school called 'myHappymind'.



'myHappymind' is 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 proactive not reactive. Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively. Prevention is at the heart of this programme.

'myHappymind' is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

A video for parents, explaining the programme is available here: <https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>.

To further embed this learning, 'myHappymind' 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 myHappymind 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 116768

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 myHappymind, please get in touch.

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

Yours Sincerely

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