

Dear Parents/Carers,



We have introduced a program to all year groups at school 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; something that aligns very closely with our school ethos to 'Be More at Badgemore!' For example, keep an eye out for our '**Kindness Tree**' in the entrance; organised by our wonderful FOBS (Friends of Badgemore School) team!

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, **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 **123042**

Or simply scan this QR code to sign up:



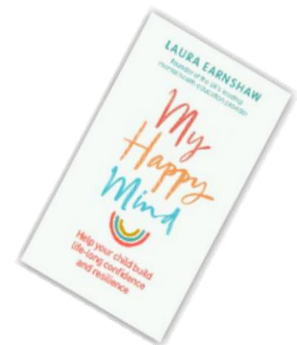
Once you have created your account, you will receive an email with the next steps on downloading the app.

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 contact your 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.**



Many thanks,

Gaynor Styer
SENCo