



Dear Parents and Carers,

At Great Meols, we recognise that positive mental health is more important than ever before. After reviewing our PSHE curriculum, we have decided to introduce this fantastic new resource for the whole community. We strongly believe that this will equip our children, staff and families with key strategies to support themselves. Our school wellbeing offer can be found on the [school website](#) in addition to numerous signposts for further support and advice. We pride ourselves in being open and able to support staff, children and families so please visit the website or come and talk to a member of our [pastoral team](#) if you feel that you need any help or advice.

We would like to introduce you to 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 will be delivered in school 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 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 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 **143501**

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. Further information about our curriculum can be found on the [school website](#). If you have any questions about the curriculum, please contact your class teacher or our PSHE leads, Miss Leeson and Miss Adkins.

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

Many thanks,

Rob Brown
Headteacher