Growing and Blossoming

"Aspiration, Inclusion, Happiness"

Crossley Hall
Primary School

Friday 13th September 2024

PROUD TO BE A
myHappymind
SCHOOL

<u>**My Happy Mind**</u>

Dear Parent/ Carer,

We are pleased to announce that we have introduced the 'My Happy Mind' programme to our school to support the teaching of PHSCE.

My Happy Mind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, character and self-esteem. It also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!

MyHappymind is delivered in school by the class teachers through a series of interactive lessons and then the children apply their learning 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 146581
Or simply scan the QR code to sign up

Headteacher: Mrs E Monnery
Deputy Headteacher: Mrs S Canning

Ofsted
Good
Provider

Quality Mark
EARLY YEARS
AWARD

Pennine
Academies Yorkshire

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E: office@chps.paymat.org
www.crossleyhallprimary.co.uk

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

Yours Sincerely

Mrs E Monnery

Headteacher