



# Lavant

## C.E. Primary School

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Dear Parents and Carers,

Thanks to the generosity of 'The Friends' we were delighted to launch a program to all children this week, called My Happy Mind. My Happy Mind 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!

My Happy Mind is delivered in school by your child's class teacher through a 20 minute interactive lesson on a weekly basis. Children are then encouraged to apply what they have learnt 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 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 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 **125986**

We really encourage you to make use of this material so that you can support your child in getting the best out of the curriculum. If you have any questions about the curriculum, please contact your class teacher or speak to me.

If you have any technical questions about accessing the resources, please contact [hello@myhappymind.org](mailto:hello@myhappymind.org)

Many thanks,

Adrian King