



Thursday 22nd November 2018

Dear Parents/Carers,

My Happy Mind

Article 29 – 'The purpose of education is to develop every child's personality, talents and mental and physical abilities'

We firmly believe in preparing our children for tomorrow's world by building resilient, balanced and happy minds in homes and in schools. Templemoor has begun delivering an exciting programme called 'My Happy Mind'. Your child may have already started talking about the sessions and the different aspects of them. This programme is a whole school approach where a session is delivered each week. The children learn the science behind the way that their brain works and why they react to situations in different ways. It builds upon and compliments the great work that we are doing with Growth Mindsets.

My Happy Mind have developed an App for parents to download for free. It is available on both Google Play and on the Apple store. If you search for 'myHappymind' you will find it. The App allows children to continue to practice some of the habits they have developed at school e.g. happy breathing and also to complete quizzes based on what they have learnt through the My Happy Mind curriculum.

We really encourage you to make use of this free resource so that you can support your child in getting the best out of the curriculum.

If you have any questions about the curriculum then please contact Mr Hodgson. If you have any technical questions about the app please contact hello@myHappymind.org

Please also take a look at the My Happy Mind website to find out more about the programme - <https://myhappymind.org>.

Best wishes,

Stuart Hodgson
Headteacher