



Leasowes Primary School

Thursday 12th February 2026

myHappymind

Dear Parents,

After half term, as part of our ongoing commitment to our personal development offer, we will be introducing a programme to all year groups from Reception to Year 6 called myHappymind. Based in scientific research and positive psychology, myHappymind is designed to help children to understand how their brain works and to support them in developing positive skills and behaviours to be their very best selves! It teaches children preventative habits that support positive mental health, resilience and self-esteem. The programme will be delivered in school by your child's class teacher through a series of interactive lessons. Then, the children will be encouraged to apply their learning and skills throughout the school day and wider life.

Due to starting this programme mid-way through the academic year, the children will take part in 5 out of 6 modules. The final module, Engage, has been taught through the children's PSHE lessons and their Spring 1 Dreams and Goals unit. The myHappymind system will complement our ethos at Leasowes that children must develop positive relationships with themselves and then others.





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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 support this, we will be providing information about each upcoming module before it is launched in school through a myHappymind newsletter. After half term, we will be beginning the first module 'Meet Your Brain'. There are some helpful videos in the 'Introduction and Parent Overviews' section of the Parent App which give an overview of the programme and what to expect from each of the modules. You can also watch the introductory parent video here: <https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

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 **142985**



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 myHappymind curriculum.

If you have any questions about myHappymind, please contact your child's class teacher. If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

Many thanks for your continued support,
Mrs Till
Curriculum Lead