



Beswick & Watton CE (VC) School

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Dear Parents and carers

We have introduced a program to all year groups at school 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 schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

To further embed this learning, My Happy Mind 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 My Happy Mind 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 117970

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 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 My Happy Mind, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org. Want to learn more? Check out My Happy Mind founder Laura Earnshaw's best-selling book on [Amazon](https://www.amazon.co.uk/dp/1527004444).

Many thanks

E Harros

Mrs E Harros
Executive Headteacher

