



# Ravenshall

all different | all equal | all important

27 March 2024

Dear families,

We have introduced a programme to all year groups at school called myHappyMind. myHappyMind 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!

myHappyMind is delivered in school by class teachers during Thrive Time through a series of interactive lessons and children apply this learning throughout the school 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 107799  
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 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](mailto:hello@myHappyMind.org)

Want to learn more? Check out myHappyMind founder Laura Earnshaw's best selling book on [Amazon](#).

Yours sincerely

*K Horan*

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