



St Patrick's Catholic Primary Academy

Nova Lane, Birstall, West Yorkshire, WF17 9LQ
Telephone: 01924 423220 Website: www.stpatricksbirstall.co.uk
Headteacher: Mrs C Moulding Deputy Headteacher: Miss E Gott
Email: office@stpatricksbirstall.co.uk



Tuesday 20th February

Dear Parents/ carers,

I am writing to let you know some exciting news about the myHappyMind Parent App. As you know we use a programme called myHappyMind in school which 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 has just launched a Brand New Parent App which you can access for free.



This new app contains new content for you as parents/carers and children to enjoy as they carry on their myHappyMind learning journey at home! You will find:

- Mini Masterclasses for Parents
- A new Kids Zone which is jam-packed with things for the kids to enjoy such as animated stories, Happy Breathing, Music and the brand new myHappyMind Games.
- Brand new children's activities.

Already a user: Head over to your phone or tablet's app store and simply search 'myHappyMind' and the app will be there ready for you to download. Once you have downloaded the app, just log in as you usually would and the content will be there in your library.

Need to sign up:

If you have not yet signed up for the myHappyMind parent resource yet, then head to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code to create your account. Your authentication code is 148863.

Below is a link to the parent app introduction:

<https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

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 the curriculum, please contact your class teacher.



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If you have any technical questions about accessing the resources, please contact hello@myHappyMind.org

Kind regards,

Miss Wolanski.

(SENDCo and Mental Health Lead)

