



Parents and Carers! Thank you!

We are proud to announce that our school is officially a myHappy mind Bronze Accredited school. The Accreditation recognises schools that are embedding the myHappy mind curriculum into school life and taking real action to improve the mental health and well-being of the school community.

We would like to thank those parents who provided feedback about the programme, which supported the application. As we were successful with our application, we will receive some fantastic resources to help us embed the myHappy mind curriculum next year including a Wheel of Gratitude to help us develop an Attitude of Gratitude.

Want to learn more about the science of myHappy mind and how you can use myHappy mind techniques at home? Why not grab a copy of myHappy mind's Founder, Laura Earnshaw's best selling book 'My Happy Mind'

<https://myhappymind.org/mhmbook>

Don't forget to sign up to the FREE Parent app, you can use the QR code below to download it.

