



Parents and Carers – Thank You!

We are proud to announce that we are now a myHappymind Silver Accredited School. This Accreditation recognises schools that are embedding the myHappymind curriculum into school life and taking real action to improve the mental health and wellbeing of the school community.

We would like to thank those parents who provided feedback about the programme, which supported our application.

As our application was successful, we will receive some fantastic resources to help us further embed the myHappymind curriculum, including a Fred the Ted bean bag, additional storybooks and teddies to help us create a nurture corner for the children.

If you would like to learn more about the science of myHappymind and how you can use myHappymind techniques at home, why not explore myHappymind Founder Laura Earnshaw's best-selling book *My Happy Mind*:

<https://myhappy mind.org/mhmbok>

Please also remember to sign up to the FREE Parent App. You can use the QR code below to download it.

Many thanks,

