

Newchurch Community Primary School
Glebeland
Culcheth
Warrington
WA3 4DX



Telephone: 01925 763427
Fax: 01925 766045
www.newchurchprimary.co.uk
Email: newchurch_primary@sch.warrington.gov.uk

Headteacher: Mrs J Narraway

9th October 2023

Dear Parent/Carer,



With an increasing number of children (and adults) needing support for their mental health and wellbeing, we have introduced a program to all year groups at school called myHappymind which is 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! Newchurch has been chosen by the NHS and Local Authority to take part in this fully funded programme.

myHappymind 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 and ensure that you are able to engage in these topics with your child, myHappymind has developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, and enable you to learn more about what they are learning in the programme. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is 111189 or scan this QR code to sign up



Artsmark
Gold Award
Awarded by Arts
Council England



LOTTERY FUNDED



MUSIC MARK
SCHOOL





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 child's class teacher or Mrs Brinksmann-Wood who is our Pastoral Lead.

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

Want to learn more? Check out myHappymind founder Laura Earnshaw's best selling book on [Amazon](https://www.amazon.co.uk/dp/1527004444).

Kindest regards,

Jayne Narraway

Headteacher

