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MOUNT PRIMARY SCHOOL

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Mental Health Support at Mount Primary

Dear Families,

I wanted to write to explain what we are doing as a school this year to support your children's wellbeing. We are excited to be introducing My Happy Mind to our school. My Happy Mind is a whole school programme based around helping children to understand how their brain works and support them in developing positive skills and habits to be their very best selves! My Happy Mind is delivered in schools by class teachers through a series of interactive lessons. The children then apply what they have learnt throughout the week and we will pick up on these skills during celebration assembly.

The program has been commissioned by the NHS after schools noticed a reduction in CAMHS referrals and an overall improvement in the wellbeing of children, staff and parents when using My Happy Mind. The programme is grounded by scientific research and will help children to:

- Feel happier
- Know what to do when they are worried/stressed
- Improve their focus and learning
- Achieve more of the goals that they set for themselves
- Develop better relationships with family and friends
- Feel great about who they are and have better self-esteem

To further embed the learning and ensure that you are able to engage in these topics with your child, My Happy Mind 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, for you to learn more about what they are learning in the program. 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 104993

Or scan this QR code to sign up



"Mount Primary School - Respect yourself, Respect others, Respect our world"



Once you have signed up you can then access the myHappyMind app.

1: Download Kajabi through your App Store

2: Log in using the same email address

3: You will receive a verification code. Follow the simple steps in that email.

4: You will then have access to the myHappyMind resources on your phone via 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 the curriculum, please get in touch.

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

For children who need more specific support, we now have a CAMHS worker who focusses on mental health. Children we refer are assessed to see what support would be beneficial. This may include an intervention with CAMHS.

We hope that this whole school focus on developing positive strategies to support mental health will help all families and reduce the number of children needing more specific support. We will no longer be working with Thumbs Up and will be reviewing our provision and mental health strategy termly. We also have a number of staff who are trained in Mental Health First Aid.

We look forward to seeing the impact of My Happy Mind on our whole school community.

Thank you for your continued support,

A handwritten signature in black ink that reads "Z. Byrne". The signature is written in a cursive, flowing style.

Miss Z Byrne
Acting Headteacher