



Backed by NHS

Newsletter Spotlights



Introduction

Your school newsletter is a powerful way to bring wellbeing learning to life beyond the classroom.

This resource has been created to support you with short, ready-to-use myHappymind Newsletter Spotlights that can be easily included in weekly or termly newsletters, helping families understand and engage with what children are learning.

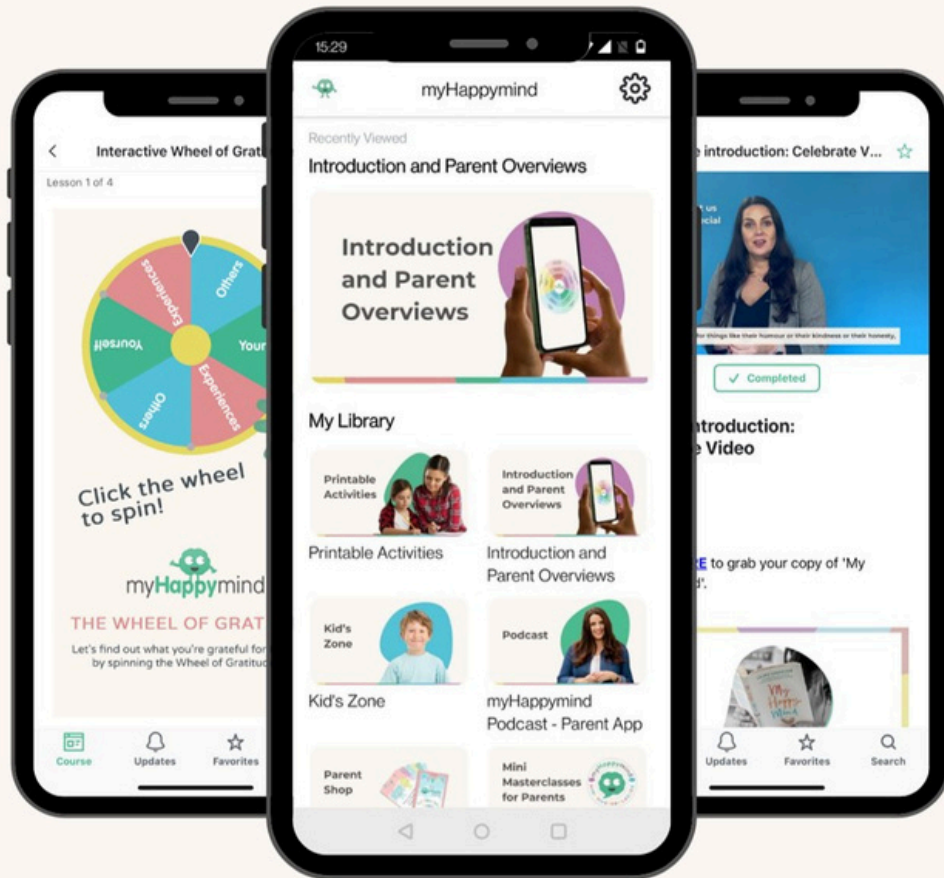
You'll find simple suggestions linked to a different myHappymind theme or module. These can be used to share what children are currently exploring in class, highlight key vocabulary or introduce a wellbeing habit. Small, consistent messages like these help families feel connected to the learning and confident in supporting it at home.

Newsletters are also a great opportunity to remind families about the myHappymind Parent App. By signposting parents to the app, you help create shared language and understanding between school and home, so children experience the same messages, tools and characters wherever they are.

Used regularly, these Spotlights help strengthen the home-school partnership, reinforce wellbeing habits, and keep emotional learning visible, meaningful and accessible for everyone.



Sign up to the myHappymind Parent App



Scan this code if you're in
England or Wales



Scan this code if you're in
Scotland or Northern Island



Scan this code if you're in
the Middle East

YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP



Autumn 1

Meet Your Brain!

We've started our first myHappyMind module, Meet Your Brain. The children are learning how they can look after their minds to be at their very best. Ask them to share what they've found out so far!

myHappyMind Music

Songs are a fun and fantastic way to help consolidate children's understanding! Check out the 'Our Happy Healthy Brains' song on the Parent App in the Kids' Zone.

World Gratitude Day

When we give or receive gratitude, we get a hit of the feel-good hormone Dopamine. Start spreading the love by using the Seasonal Activities, Autumn 1, on the myHappyMind Parent App.

Supporting Emotionally Based School Avoidance (EBSA)

The EBSA video on the myHappyMind Parent App (found in 'Mini Masterclasses for Parents') offers practical strategies to encourage gradual readiness and confidence in children experiencing EBSA.

Diwali

Reflect on the light and goodness you bring to the world during the Festival of Lights, and use the activity guide in the Autumn 1 'Seasonal Activities' to make your very own lantern.

Happy Breathing

We have been practising self-regulation in class. Help your child enjoy the benefits of breathing exercises by using the Happy Breathing Videos. Find these in the Kids' Zone on the myHappyMind Parent App.

Interactive Conversation Cards

Continue meaningful and positive discussions about mental health and wellbeing at home, using myHappyMind's Conversation Cards - found in the Kids' Zone of the Parent App, under 'myHappyMind Games'!

Autumn 2

Celebrate!

We've started our second myHappyMind module, Celebrate. The children are learning about their Character Strengths - the wonderful traits that make them unique. Ask them to share theirs!

Remembrance Day

On 11th November, take a moment to show gratitude to all who served. Use the poppy resource in the Autumn 2 'Seasonal Activities' on the Parent App to mark the occasion.

Separation Anxiety

The Separation Anxiety video on the myHappyMind Parent App (found in 'Mini Masterclasses for Parents') provides reassurance and guides you through practical strategies if your child is facing this.

myHappyMind Places

Help your child recognise and manage their emotions as they change throughout the day with this self-regulation toolkit. Check out the interactive resources on the Parent App!

Spotting Character Strengths

Encourage your child to do some Strengths Spotting! Can they spot when someone has used their Character Strengths throughout the day? See how many examples they can identify and celebrate.

Hanukkah

Encourage your child practise their Attitude of Gratitude by making a Hanukkah card for someone they're grateful for. Find this activity in the Autumn 2 'Seasonal Activities' on the Parent App.

Festive Activities

'Tis the season to get festive! The myHappyMind Parent App has lots of merry 'Seasonal Activities' to complete at home, such as a Festive Advent Calendar and Thankfulness Wreath.

Spring 1

Appreciate!

Our third myHappyMind module, Appreciate, has started this term. We will be learning about the importance of gratitude and taking time to be thankful for Ourselves, Others and Experiences.

Be Your Best

Be Your Best supports children as they prepare for SATs and other assessments. It provides helpful strategies and top tips to help them feel confident, calm, and ready to perform at their best. Head over to the At-Home Activities on the myHappyMind Parent App.

New Year, New Goals

Now is the perfect time to encourage your child to set goals and think about what they want to achieve this year. There are some great Spring 1 'Seasonal Activities' on the Parent App to help!

Healthy Sleep Habits

Sleep is so important for our wellbeing! Establish positive and effective sleep habits for your child by using the Sleep Mini Masterclass and the Sleep Loyalty Card in the Kids' Zone, both on the myHappyMind Parent App.

Chinese New Year

Celebrate Chinese New Year using the Spring 1 'Seasonal Activities' on the Parent App. Another great opportunity to focus on some exciting goals for the year!

Valentine's Day

There are some wonderful activities the children can use to spread kindness and celebrate others. Help them practise their Attitude of Gratitude using the Spring 1 'Seasonal Activities' on the Parent App

Happy Breathing Experts

Ask your child to share their Happy Breathing expertise with you! This invaluable proactive habit can be used at all times of the day, even before bedtime. We'd love to hear how this helps them at home.

Spring 2

Relate!

This module links back to Celebrate, using Character Strengths to understand different perspectives. They will also learn the key skills Active Listening and Stop, Understand and Consider, supporting their relationship building.

World Book Day

A chance to explore stories that encourage reflection, emotional understanding, and wellbeing. You could wear a myHappymind-themed outfit to celebrate the occasion!

Mother's Day

A great opportunity for your child to create a special card to celebrate their Character Strengths and show their appreciation. Find this activity in the Spring 2 'Seasonal Activities' on the app.

Hop into Easter!

Promote wellbeing fun to keep your child engaged and reflective this Spring 2 Term. Find these activities and support their positive habits on the myHappymind Parent App.

Active Listening Checklist

Help your child use their checklist so they can relate to others more easily: Make eye contact; Smile; No distractions; Remember what is said; Ask questions to clarify; Summarise.

Stop, Understand and Consider

This key skill is all about taking the time to pause and think about what someone else's point of view might be and why, before acting. This helps children to relate to each other and avoid conflict.

Parent App Podcasts

Have a listen to teachers sharing their experiences of using myHappymind, or the programme's founder, Laura, busting parent myths and discussing 'The Truth About...' a range of topics. Enjoy!

Summer 1

Engage!

Our final myHappymind module! The children will be setting Big Dream Goals - things they are passionate about and have importance to them. They will need to use their Character Strength of perseverance to achieve them!

At-Home Activities

There are plenty of At-Home Activities on the myHappymind Parent App, where you can continue to develop your child's proactive habits for each module. Have fun doing these together!

Story time!

Share the myHappymind Animated Stories at home, found in the Parent App's Kids' Zone. These relatable stories help children connect concepts to real-life situations, reflect on emotions, and practice Happy Breathing, while fostering empathy and self-awareness.

myHappymind Games

Have you explored the myHappymind Games yet? These fun and engaging games are a brilliant way for children to build on what they're learning in their myHappymind lessons. Available on the Parent App in the Kids' Zone.

Put up a Poster!

There's a great selection of posters in the Kids' Zone of the Parent App as visual prompts to help your child remember all of their myHappymind habits at home!

Happy Breathing to Support Focus

Working towards Big Dream Goals requires a great amount of focus. Happy Breathing files to promote this can be found on the Parent App in the Kids' Zone.

Summer 2

myHappyMind Minis

Now is a great time for your child to reflect on everything they've learned with the programme and take a look at the myHappyMind Minis, found in the Kids' Zone of the Parent App. These are fun, short videos explaining the key concepts taught in each module.

Summer Journal

Take myHappyMind into the holidays with the Summer Journal resource. Your child can continue their Attitude of Gratitude and Goal Setting all summer long! Find it in the Summer 'Seasonal Activities' on the Parent App.

Building Self-Esteem

With school transition on the horizon, continue to boost your child's self-esteem. The Parent App's Mini Masterclass on this topic is especially useful! Encourage them to celebrate and use their Character Strengths, too. It really makes all the difference!

'My Happy Mind' book

If you want to learn more about the myHappyMind programme we've delivered in school, its founder, Laura Earnshaw, has a best-selling book called 'My Happy Mind'!

Holiday Challenge Checklist

Check out the Holiday Checklist in the Kids' Zone of the Parent App. A fantastic way to continue all of the myHappyMind habits they have learned this school year. How many can they use each day of the summer break?

Summer Sleep!

Continue to establish those positive sleep habits throughout the summer holidays. The Sleep Loyalty Card (in the Parent App's Kids' Zone) is there to involve your child in creating their routine. Don't forget about the Sleep Mini Masterclass to support this, too!



If you have any questions, just get in touch with your Customer Happiness Manager, or contact us at hello@myhappymind.org or 01625 447547.

We would love to see your completed activities!

You can share these with us over on our social media channels below:



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