

September 2025

Dear families

myHappymind Parent App

At Dixons Music Primary, we use the myHappymind program to supplement our PSHE curriculum. myHappymind is all 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. myHappymind is delivered in school by class teachers through a series of interactive lessons and then the children apply this knowledge throughout the day.

To further embed this learning, myHappymind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring myHappymind Games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account or scan the QR code below. You will need to enter your name, email and school authentication code. The authentication code is 138252.

Once you have created your account, you will receive an email with the next steps on downloading 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 myHappymind, please contact your child's class teacher.

Thank you for your continued support.

Yours faithfully,

Miss Brown
Personal Development Pioneer

