

## EDUCATION AUTHORITY NORTHERN IRELAND



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Friday 30<sup>th</sup> April 2021

Dear Parents,

As we further develop our Health and Well-being strategy across the school, we are introducing a program to all year groups at school called myHappyMind.

### **What is myHappyMind?**

- 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 schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

### **How can I find out more and support my child?**

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, 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-ni> and you'll be guided through the process.

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.

In the meantime, if you have any questions about the curriculum, please contact your class teacher via Seesaw.

If you have any technical questions about accessing the resources, please contact [hello@myhappymind.org](mailto:hello@myhappymind.org)

Many thanks,

Emily McCaffery, I.Principal