# Dear Parents,

# As you will know, we are running a program called myHappymind which, is based around helping children to understand how their brain works and to help them to be their very best selves!

# To further embed this learning, myHappymind have developed an App for parents to download on your device for free. It is available on both Google Play and on the Apple store. If you search for myHappymind you will find it.

# The App allows children to continue to practice some of the habits they have developed at school e.g. happy breathing while at home. The quiz’s are targeted at Year 1 and above so you can take part but they’ll need your help here.

# When they complete these exercises, they earn brain points. They can use these brain points to personalize a character and then send this to us via email (this option is found in the parents corner section).

# We will then display the children's characters at school to showcase what they have created! Please ensure that you use the following email address/ addresses for this purpose:

# <List class teachers emails or central email address as desired>

# We really hope you encourage the children to use the App at home to help them to further develop. There is also a parents area on the app which includes some information about the curriculum, this may be useful for your reference.

# Please direct any questions about the curriculum to <Insert member of staff> If you have any technical questions about the App please contact [hello@myHappymind.org](mailto:hello@myHappymind.org)

# Many thanks,

<Insert relevant name>