



Old Sarum Primary School
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Dear Parents and Carers,

At Old Sarum Primary School, we are proud to be a **myHappymind School**. As part of our commitment to supporting children's mental health, wellbeing and happiness, we have recently started our first myHappymind unit, "**Meet Your Brain.**"

Throughout this unit, children are learning all about how their brains work and how understanding this can help them manage their emotions, learn effectively and build positive relationships.

In today's assembly, we explored **Team H.A.P.**, learning about the three key parts of our brain and how they work together:

- **Hippocampus** – our memory centre, helping us to learn and remember information.
- **Amygdala** – our survival and emotions centre, helping to keep us safe but sometimes causing us to react quickly when we feel worried, upset or angry.
- **Prefrontal Cortex** – our thinking brain, helping us make good decisions, solve problems, focus and regulate our emotions.

The children enjoyed discovering how each member of Team H.A.P. has an important role and how understanding our brains can help us to be happier, calmer and more successful learners.

To further embed this learning, myHappymind has developed a fantastic **Parent App**, which allows families to continue these conversations at home. The Parent App provides:

- Information about what your child is learning in school
- Activities for you to complete together at home

- Practical tips and strategies to support wellbeing
- Access to the **Kids Zone**, featuring myHappyMind games and activities
- Lots of additional resources to support your child's development

These resources can be accessed online using your computer or through the myHappyMind app on your phone.

To create your free account, please visit:

<https://myhappymind.org/parent-resources>

You will need to enter your name, email address and our school's authentication code.

Your authentication code is: 149207

We encourage all families to make use of these resources. Working together will help reinforce the learning taking place in school and support your child in developing positive habits for lifelong wellbeing.

Thank you for your continued support.

Yours sincerely,

Polly Bailey

Headteacher

Old Sarum Primary School

"When children understand how their brains work, they are better equipped to manage their emotions, build resilience and thrive both in school and beyond."

