

Dear Parents,

We have introduced a program to all year groups at school called 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. myHappyMind can be delivered in both English and Welsh.

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. You will need to enter your name, email, and authentication code.

Your authentication code is 400393

\*Replace the X's with your school's 6-digit URN\*



Or simply scan this QR code to sign up

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.

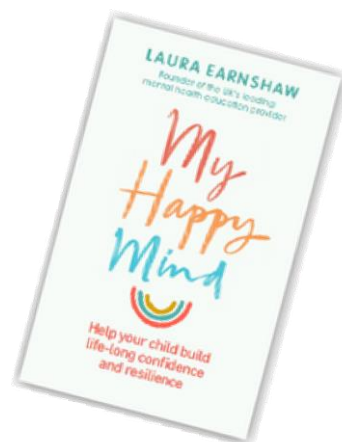
If you have any questions about myHappyMind, please contact your class teacher.

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

Want to learn more? Check out myHappyMind founder Laura Earnshaw's best selling book on [Amazon](#).

Many thanks,

Miss Kate Jones



Annwyl Rieni,

Rydym wedi cyflwyno rhaglen newydd yn yr ysgol o'r enw 'myHappymind'. Mae 'myHappymind' yn dysgu a helpu plant i ddeall sut mae eu hymennydd yn gweithio a sut i'w cefnogi nhw i ddatblygu sgiliau ac arferion positif iddynt fod ar eu gorau.

Mae'r athro/athrawes dosbarth yn cynnal gwersi rhyngweithiol 'myHappymind' yn yr Ysgol. Rydym yn gallu defnyddio 'myHappymind' trwy'r Saesneg â'r Gymraeg.

I ddatblygu'r dysgu ymhellach mae 'myHappymind' wedi cyflwyno ap i rieni/gofalwyr. Rydych yn gallu cael mynediad i'r adnoddau trwy eich cyfrifiadur neu trwy'r ap ar eich ffôn. Bydd yr ap yn eich cefnogi fel rhieni/gofalwyr i ddeall yr hyn mae eich plentyn yn dysgu, yn ogystal â gweithgareddau a gemau i chi gwneud gyda'ch gilydd adref.

I gael mynediad i'r yr adnoddau uchod ewch i <https://myhappymind.org/parent-resources> i greu cyfrif. Byddech angen rhannu eich enw, cyfeiriad e-bost a chôd dilysu.

Eich côd dilygu yw 400393

Neu sganiwch y côd QR



Unwaith rydych wedi creu eich cyfrif, byddech yn derbyn e-bost gyda'r camau nesaf i lawrlwytho'r ap.

Rydym yn eich annog i ddefnyddio'r adnoddau am ddim yma i gefnogi eich plentyn.

Os oes gennych unrhyw gwestiynau am 'myHappymind', cysylltwch â'ch athro/athrawes Dosbarth.

Os oes gennych unrhyw gwestiynau am yr adnoddau, cysylltwch â [hello@myhappymind.org](mailto:hello@myhappymind.org)

Ydych chi eisiau mwy o wybodaeth? Ewch i Amazon i edrych ar lyfr 'myHappymind' gan Laura Earnshaw.

Diolch

Miss Kate Jones

