



Rucstall Primary School
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Wednesday 21st May 2025

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Dear Parents,

Headteacher: Mrs R. Griffiths

As you know, our PSHE curriculum includes learning about mental health and further to this (since introduction during the pandemic) we have continued a focus afternoon each term on mental health practices called 'Wellbeing Wednesdays'.

As a school, we currently have access to a tool 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.

We will be using these resources across the next year and a half to further children's understanding about brain development and positive mental health practices for themselves. The children started this today, so please do ask them about how their brain works (today's learning theme).

To further embed this learning, myHappymind has 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 116040



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. If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

Each term we will let you know the area children have focused on in their learning, so that you can follow and engage too.

Kind regards,

Mrs R Griffiths

Headteacher

