



# FAIR OAK JUNIOR SCHOOL

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Interim Headteacher: Mr Jim Hartley

Deputy Headteacher: Mrs Laura Cooper

Friday 17<sup>th</sup> April 2026

Dear Parents and Carers

We are delighted to share that our school uses myHappyMind to support your child's wellbeing and resilience, and now you can be part of this at home too. Your child may have enjoyed the programme at Fair Oak Infant School, where they have been leading this initiative for some time.



By downloading the myHappyMind parent app, you will have access to a range of supportive and engaging resources, including:

- **myHappyMind Places** – a personalised self-regulation tool
- **Happy Breathing** visuals and audio, with over 40 options to explore
- **Mini Masterclasses for parents**, covering separation anxiety, building self-esteem, supporting emotionally based school avoidance, managing big emotions, trauma-informed approaches, sleep, and neurodiversity
- **The Be Your Best Programme** – short videos to support mental wellbeing ahead of assessments, also available as podcasts, along with **myHappyMind** stories, songs, and videos
- **Fun games to help start meaningful conversations about wellbeing**, including Interactive Conversation Cards and the Wheel of Gratitude

You can sign up and begin exploring here: <https://myhappymind.org/parent-resources>

Alternatively, you can scan the QR code provided.

**Your authentication code is: 115997**



Once you have created your account, you will receive an email with the next steps for downloading the app.

We hope you enjoy exploring the app and sharing these special moments together at home. All children in school will begin learning the first module, *Meet Your Brain*, from Monday 20th April.

If you have any questions, please contact your child's class teacher or join our virtual parent information meeting on Tuesday 28th April at 5pm. The link for this meeting will follow.

Best wishes,

Mrs Downer

myHappyMind lead for Fair Oak Junior School

