



We introduced “myHappymind” at Kitwell in the Autumn Term and I am already delighted with the impact so far....



I have heard nothing but praise from my staff who have embraced the programme and have thoroughly enjoyed teaching the well-resourced lessons.

Mental health and wellbeing is high on my whole-school agenda and it is great to see that “myHappymind” has provided staff with the opportunity to consider and discuss their own mental health and well-being.

I am amazed that our children are now all so knowledgeable about the different parts of the brain and are beginning to understand how their brain affects their emotions, thoughts and actions.

I am really looking forward to continuing with this programme – and to engage the parents more with the programme.

I fully intend for the programme to become embedded into our curriculum.

Ultimately, I believe that “myHappymind” will equip us all with the skills, mindset and strategies to be the best we can be...

Michele Shevels

Head teacher

March 22nd 2022

