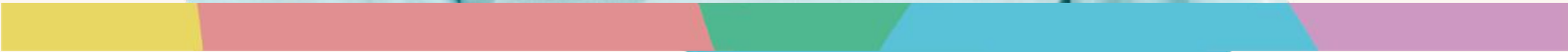




**NHS Lancashire Schools and Nurseries**

# **End of Year Report**



# About Us

**myHappyMind is an award winning, whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience and self esteem.**

Taught to every child in a school from Early Years through to Year 6, myHappyMind is delivered via an innovative technology platform making learning easy and fun.

All of the concepts we teach are based in science and research and grounded in neuroscience and positive psychology.

We are passionate about supporting teacher wellbeing too and so all schools using the program have access to a teacher wellbeing program.

We are also proud to support parents by providing them with a free app to continue the learning at home.



# School Spread

## myHappymind is supporting 19,945 students across Lancashire



### Phase 1 Schools

1. St Peters CE Primary School, Chorley
2. St Oswalds PS Coppull
3. St Marys Primary School Leyland
4. Mayfield School (Special School)
5. Manor Road Primary School
6. Lancaster Lane Community Primary School
7. Golden Hill Short Stay School (PRU)
8. Brinscall St Johns CE Primary School
9. Barnacre Road Primary School



### Phase 2 Schools

1. St Teresa's Catholic Primary School, Preston
2. St Mary's Roman Catholic Primary School, Chipping
3. St Catherine's Catholic Primary School, Leyland
4. St Augustines Catholic Primary School
5. Holme Slack Community Primary School
6. Fishwick Primary School, Preston
7. Clayton-le-Woods CofE Primary School
8. Brookfield Community Primary School
9. Brockholes Wood Community Primary School
10. Brindle St James' CE Primary School, Chorley
11. Brindle Gregson Lane Primary School
12. Anderton Primary School, Adlington



### Phase 3 Schools

1. The Parish of St Laurence CE Primary School
2. The Blessed Sacrament Catholic Primary School
3. St Joseph's Catholic Primary School, Chorley
4. St Francis Catholic Primary School, Goosnargh
5. Sacred Heart Catholic Primary School, Chorley
6. Queen's Drive Primary School
7. Gillibrand Primary School
8. Fulwood and Cadley Primary School
9. Duke Street Primary School
10. Deepdale Community Primary School
11. Cottam Primary School
12. Coppull St John's CE Primary School
13. Coppull Primary School and Nursery
14. Broughton-In-Amounderness CE Primary School

# School Spread

## myHappymind is supporting 19,945 students across Lancashire



### Phase 4 Schools

1. Woodplumpton St Anne's CofE Primary School
2. Whitefield Primary School
3. Walton-le-Dale, St Leonard's Church of England Primary School
4. St Teresa's Catholic Primary School, Penwortham
5. St Stephen's CofE School
6. St Patrick's RC Primary School
7. St Mary's Catholic Primary School, Euxton
8. St Mary's Catholic Primary School and Nursery, Chorley
9. St Mary's and St Benedict's Roman Catholic Primary School
10. St Mary Magdalen's Catholic Primary School
11. St Maria Goretti Catholic Primary School
12. St Joseph's Catholic Primary School, Withnell
13. St Ignatius' Catholic Primary School
14. St Gregory's Catholic Primary School, Preston
15. St Gregory's Catholic Primary School, Chorley
16. St Clare's Catholic Primary School, Preston
17. St Bernard's Catholic Primary School, Preston
18. St Anne's Catholic Primary School
19. Sacred Heart Catholic Primary School
20. Ribbleson Avenue Methodist Junior School
21. Penwortham Middleforth Church of England Primary School
22. Our Lady and St Edwards Catholic Primary School, Preston
23. Moss Side Primary School
24. Moor Nook Community Primary School
25. Longton Primary School
26. Longsands Community Primary School
27. Leyland St James Church of England Primary School
28. Leyland St Andrew's Infant School
29. Leyland Methodist Junior School
30. Lever House Primary School
31. Lea Community Primary School
32. Kingsfold Primary School
33. Kennington Primary School

# School Spread

## myHappymind is supporting 19,945 students across Lancashire






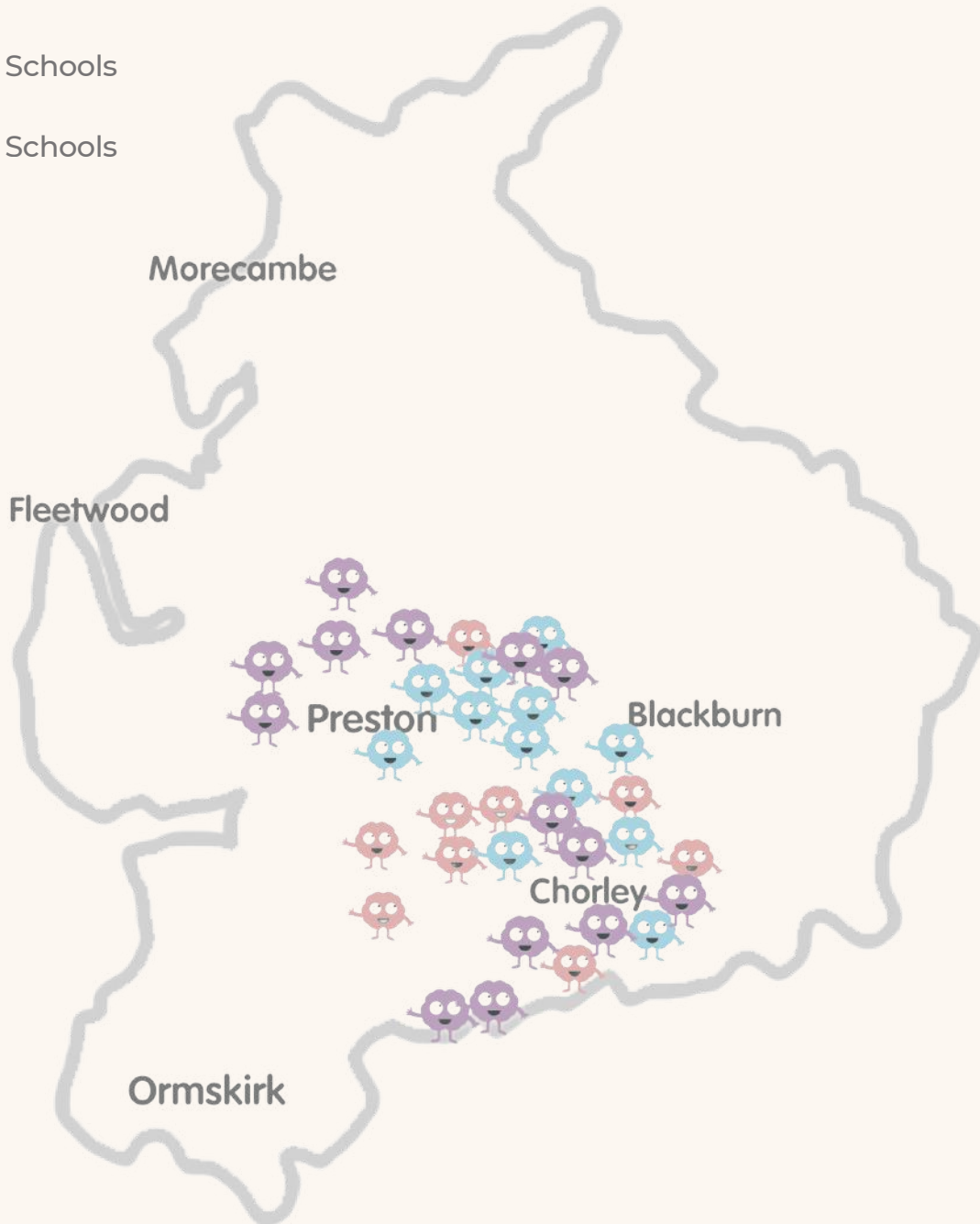
### Phase 4 Schools

34. Ingol Community Primary School
35. Hoole St Michael CofE Primary School
36. Holy Family Catholic Primary School, Ingol
37. Highfield Community Primary School
38. Euxton Primrose Hill Primary School
39. Eldon Primary School
40. Eccleston St Mary's Church of England Primary School
41. Coupe Green Primary School
42. Coppull Parish Church Of England Primary School
43. Bretherton Endowed Church of England Voluntary Aided Primary School
44. Ashton-on-Ribble St Andrew's Church of England Primary School
45. Adlington St Paul's Church of England Primary School
46. Leyland Methodist Infant School

# School Spread

myHappymind is supporting  
19,945 students across Lancashire

-  Phase 1 Schools
-  Phase 2 Schools
-  Phase 3 Schools

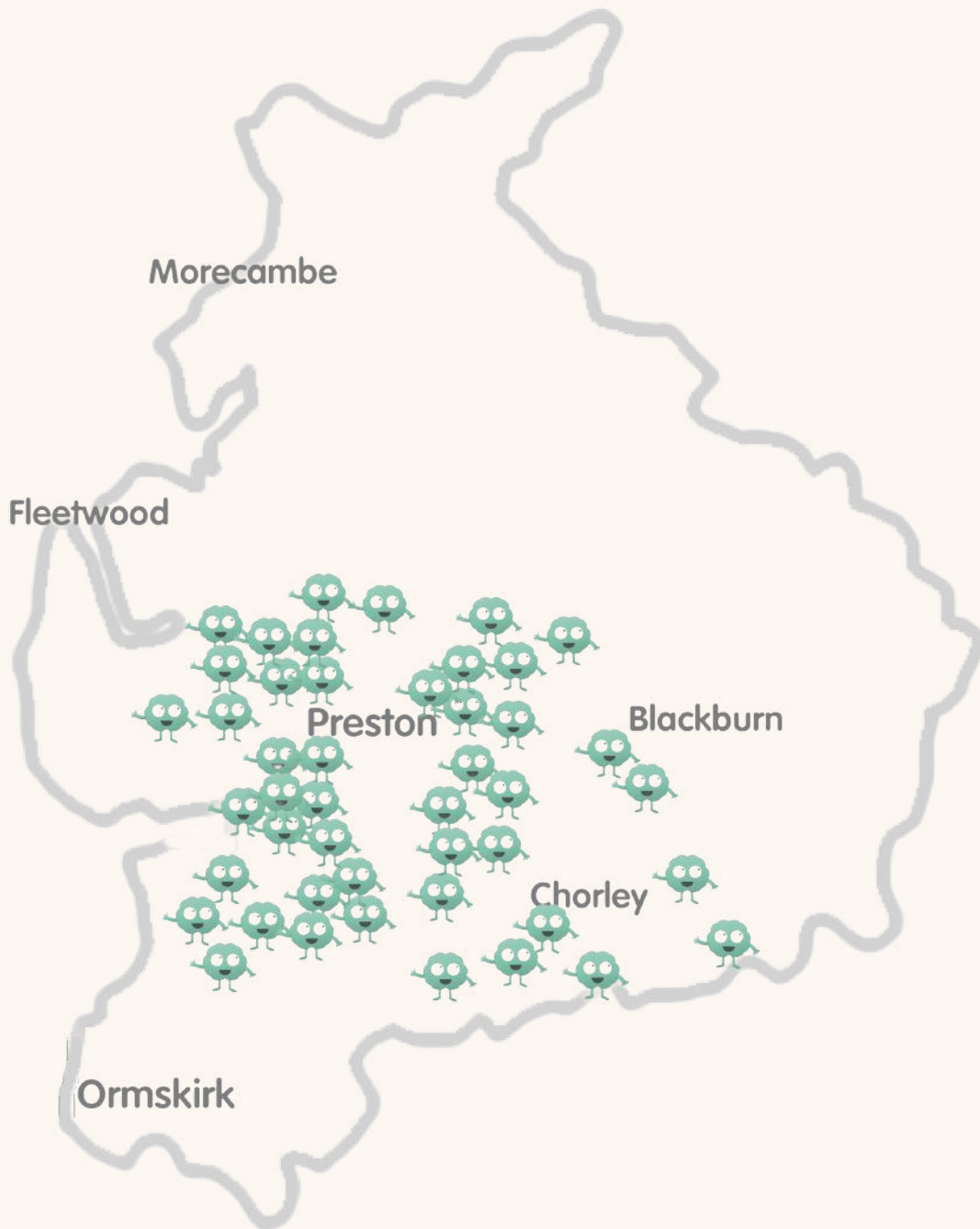


# School Spread

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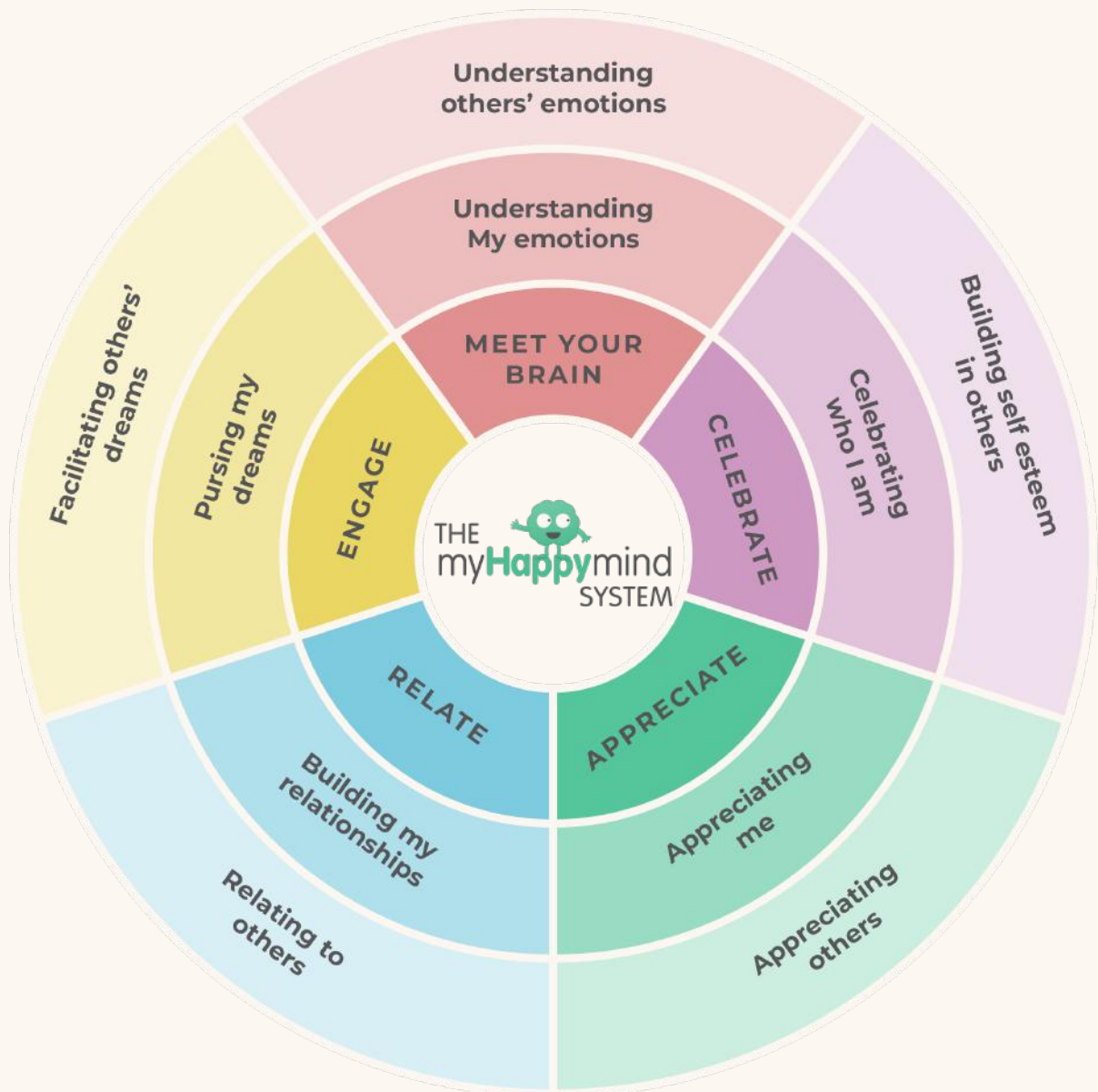


Phase 4 Schools



# Phase 3 Schools Impact Data

This report summarises the impact seen from myHappymind across the academic year. It is structured around your baseline data and the myHappymind system which is the content we teach in the program.





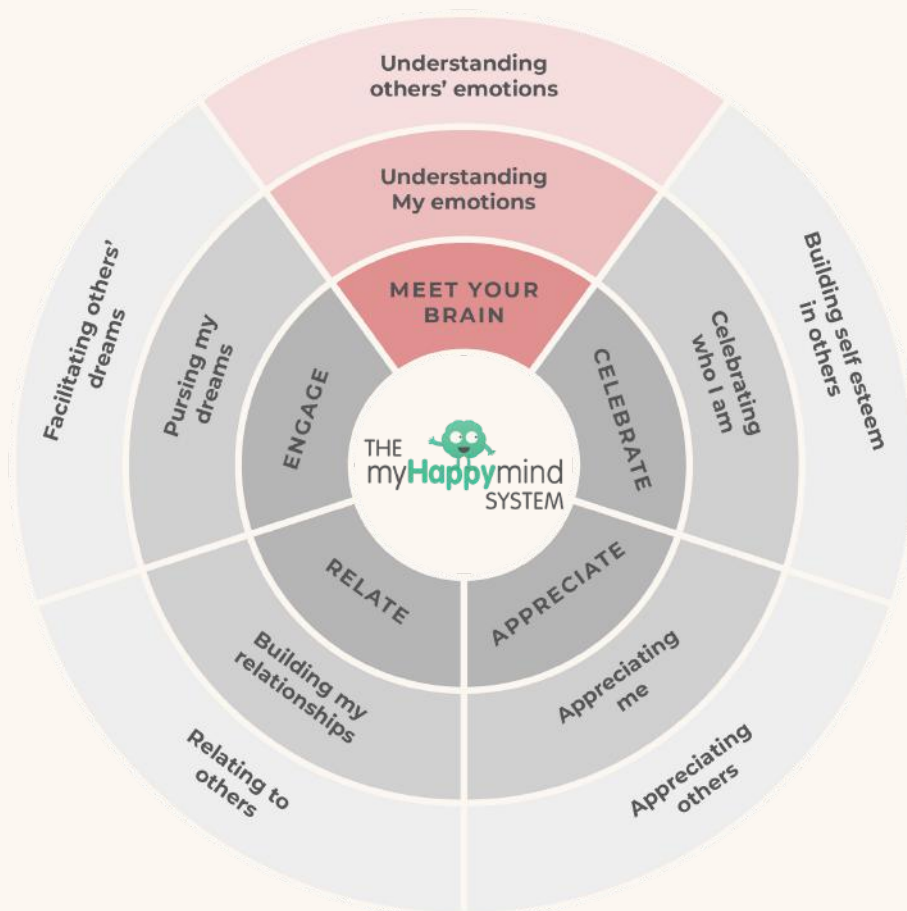
# Meet Your Brain



# Developing self regulation tools

In this module the children learn all about their brain and how it helps them to be their best selves.

They develop self regulation strategies and a solid understanding of the neuroscience of how we learn and grow. Understanding the brain is a key way to help children deepen their understanding of emotions and normalise the need to self regulate - a key strategy in building confidence and self esteem.



# What they said before myHappymind



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**92%**

of staff said less than half of their children were aware of the factors that contribute to their wellbeing.



---

**88%**

of staff said less than half of their children have a method to self-regulate during times of stress and worry.



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**47%**

of staff said they have no formal lessons in a week learning about the children's emotional and mental health.

---

# What they said after myHappymind



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**98%**

of teachers have said this module has helped their class to understand their brain.

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**95%**

of staff of teachers have said Happy Breathing has benefitted their class.

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**76%**

of staff are now having 1-3 conversations (formal or informal) about children's mental well-being each week.

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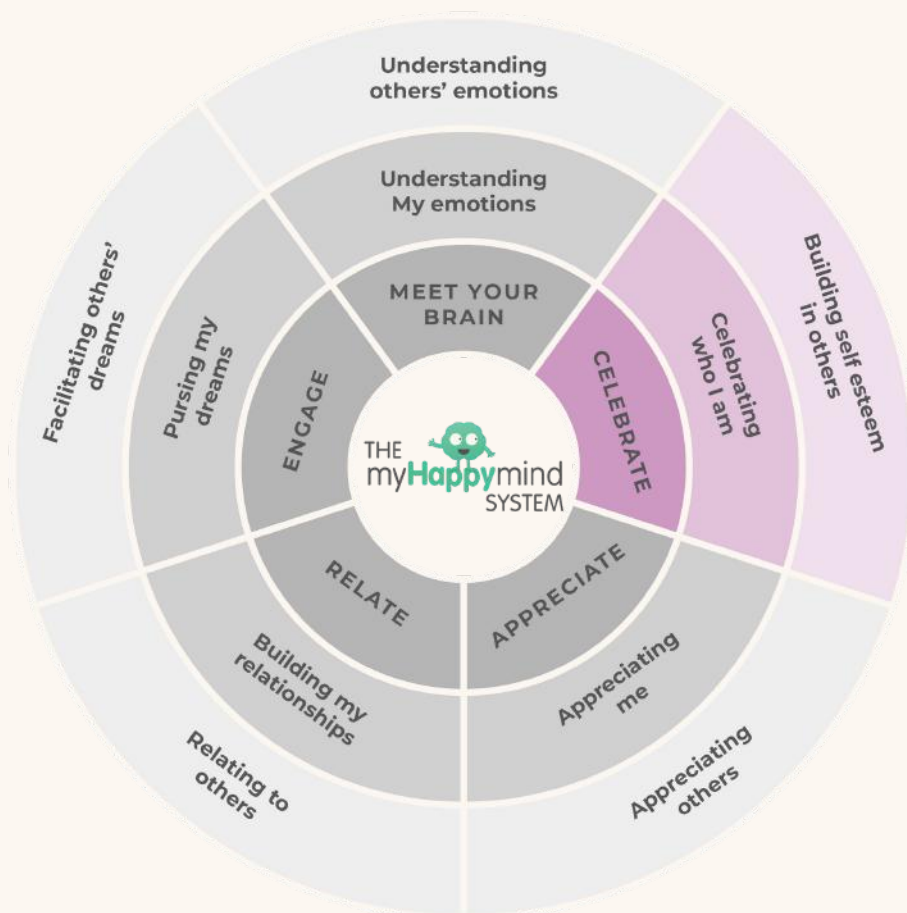
# Celebrate



# Discovering and celebrating Character Strengths

In this module the children learn all about their unique character strengths and develop strategies to celebrate them.

Character strengths are the number 1 way to build self esteem and confidence in children and this module is all about developing the children's self awareness and confidence.



# What they said before myHappymind



---

**86%**

of staff said half or less of their children can talk about their Character Strengths.



---

**99%**

of staff said that children have some struggles with their confidence and self-esteem.



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**36%**

of teachers said they notice and celebrate character on a daily basis.

---

# What they said after myHappymind



---

**97%**

of teachers said their class are more about to talk about their Character Strengths.

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**85%**

of teachers said they have seen the self-esteem and confidence of the children improving from using myHappymind so far.

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**92%**

of teachers said they use more character-based praise through their regular teaching.

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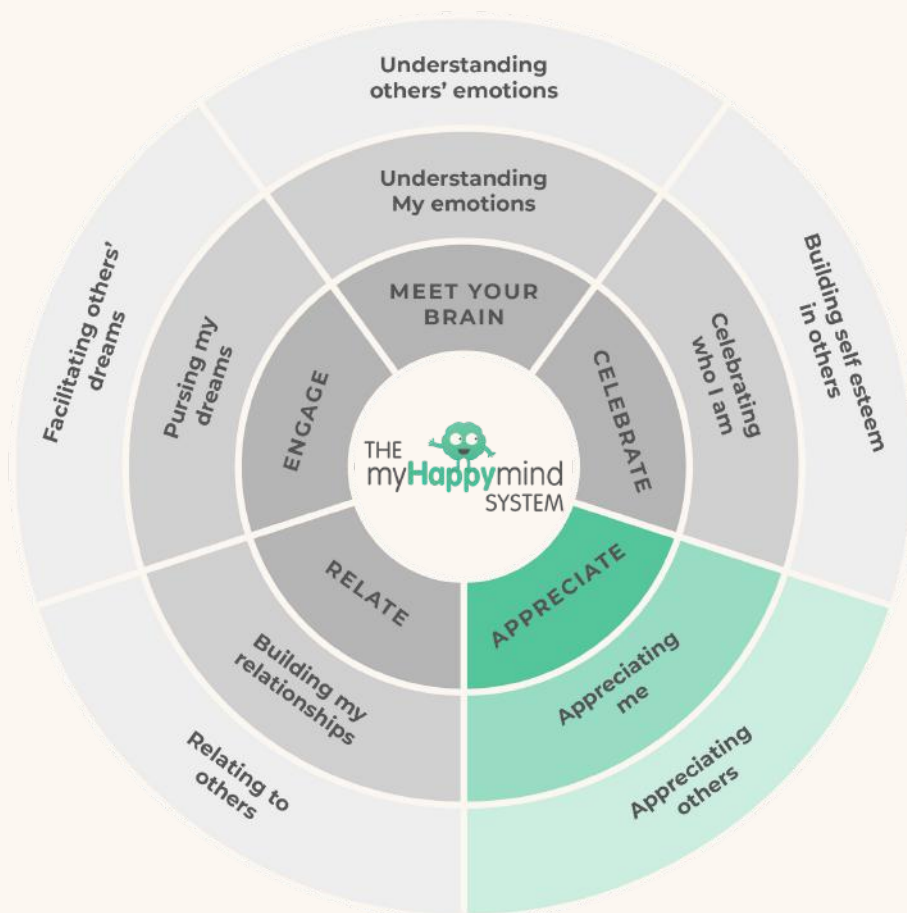
# Appreciate



# Developing an Attitude of Gratitude

In this module the focus is on helping children to develop an Attitude of Gratitude.

Gratitude is one of the simplest yet most powerful ways to boost wellbeing in the short term and to create a healthy brain in the long term. By getting children used to expressing gratitude regularly we're getting that dopamine flowing in the brain and supporting their overall happiness.



# What they said before myHappymind



**86%**

of teachers said they do not notice children expressing gratitude to each other or for experiences on a daily basis.



**99%**

of teachers said that their class have a tendency to focus on gratitude for things.



**67%**

of teachers said that their class do not proactively express gratitude.

# What they said after myHappymind



---

**89%**

of teachers are noticing gratitude is being shared in the classroom.

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**94%**

of teachers said they have seen children noticing what they have to be grateful for in terms of the people around them and the experiences they have more often.

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**83%**

of teachers said they have introduced an 'Attitude of Gratitude' into their classroom.

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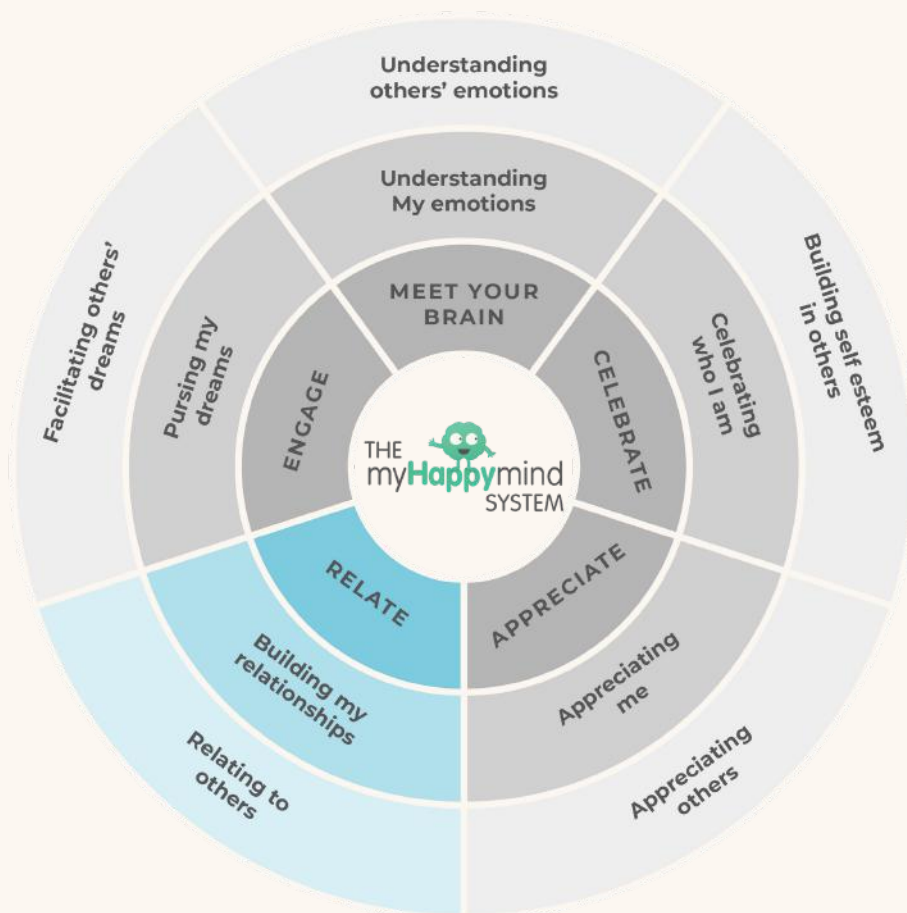
# Relate



# Developing healthy relationships

In this module the children focus on developing healthy relationship habits.

This includes understanding other perspectives, active listening and celebrating diversity of thought and character. Healthy relationships are a key building block in supporting overall wellbeing; they provide children with a support system and endless opportunities for positive interactions.



# What they said before myHappymind



**75%**

of teachers said they would rate their children's active listening skills as poor or fair.



**99%**

of teachers said that the children in their class have some friendship challenges.



**99%**

of teachers said that some of their class struggle to see things from another point of view.

# What they said after myHappymind



---

**78%**

of teachers have noticed a difference in their children's Active Listening skills.

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**96%**

of teachers have said their children now have a better understanding of the importance of positive relationships and what they need to do to build them.

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**76%**

of teachers are now integrating the 'Stop, Understand and Consider' approach into their classroom.

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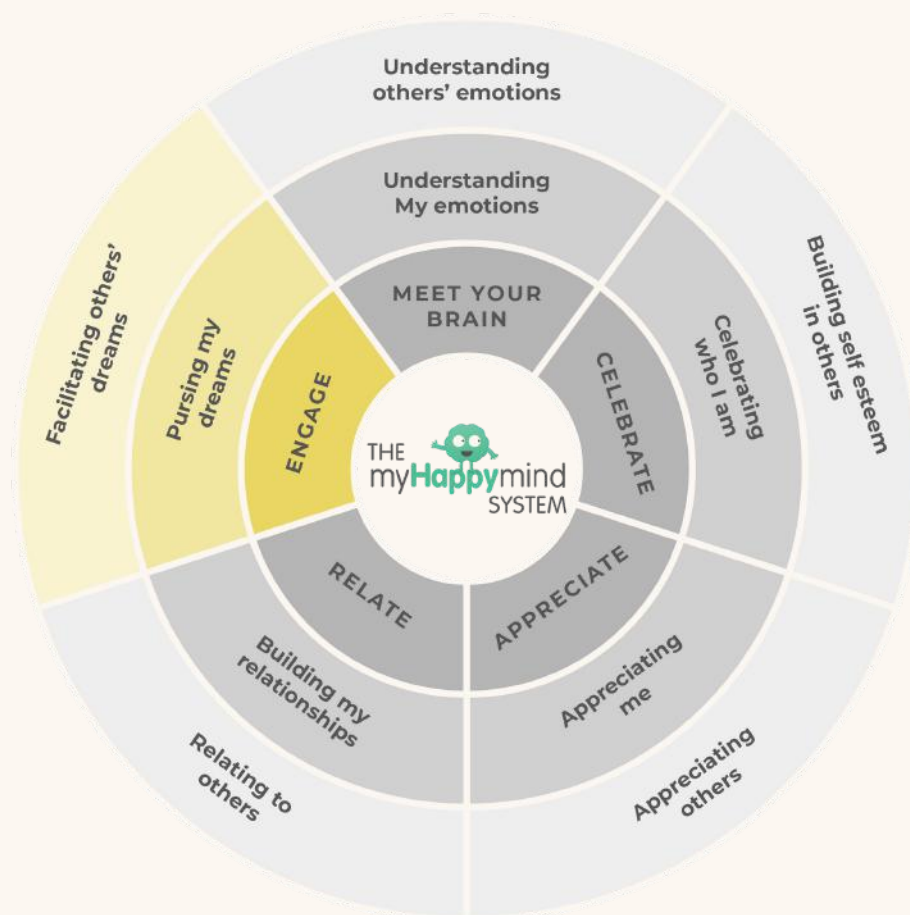
# Engage



# Building resilience and perseverance

In this module we are focussed on building resilience and perseverance.

We do this by helping children to set their own 'Big Dream Goals'; these are things that the children want to achieve because they are passionate about them e.g. learning a new skill in sport or art. By setting children up with goals they are internally motivated to achieve we give them their own evidence that they already have the skills to be resilient and to persevere.



# What they said before myHappymind



---

**75%**

of teachers said less than half of their children know how to set their own goals.



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**98%**

of teachers said that some of their class struggle to persevere in the face of challenges.



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**82%**

of teachers say that less than half of their class know how to make a plan to achieve their goals.

---

# What they said after myHappymind



---

**80%**

of teachers have seen their children getting more excited about setting goals for themselves.

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**85%**

of teachers have noticed improvement in their children's resilience and perseverance when trying to achieve their goals.

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**80%**

of teachers have been using 'Goal Setting' language throughout regular teaching.

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# Case Studies





**Brindle Gregson Lane Primary School is a single-form entry school providing their pupils with a happy, calm, and safe learning environment. The Headteacher, Laura Wilson, has spoken about how “myHappy mind is interwoven into the fabric of our ethos and culture. Children use books throughout the school to record thoughts/feelings/reflections of sessions and at various times throughout the day.**

Our recent Ofsted inspection noted the transformation in school culture, and this is a result of the consistency amongst staff of implementing myHappy mind sessions and living out positive habits daily.” Due to the fantastic way in which the school has embraced myHappy mind, Brindle Gregson Lane Primary School was awarded myHappy mind Silver Accreditation this year.

As part of embracing myHappy mind, Brindle Gregson Lane Primary School has selected pupils to be their Happiness Heroes.

*The Happiness Heroes have said that their new responsibilities include “helping resolve conflicts in the playground and each week we set a challenge to help make each class extra happy.” When asked what they like about myHappy mind the school’s Happiness Heroes said, “it helps us to focus and to calm down”.*

During a recent Ofsted visit, the inspector also commented on the school’s Happiness Heroes and the authentic kindness that all children show towards each other. Through using myHappy mind there has been a real transformation of the culture within the school.

Staff at Brindle Gregson Lane Primary School have also been talking about how the Staff Wellbeing programme has benefitted them and their teaching. One teacher has said “myHappy mind has really changed my daily practice. It is not just during myHappy mind sessions but throughout the day, I can use strategies and remind children of the learning we have covered during our sessions.”

**Duke Street Primary School, located in Chorley, states that improving the mental health of its children, parents, and staff is an essential part of its core values.**



Starting the myHappyMind programme has enabled the school to refocus attention on these values. As a result of this, Duke Street Primary School was awarded myHappyMind Bronze Accreditation this year

Staff have been very positive in their feedback and have noticed a positive impact on their pupils. One class teacher has said:

"Self-regulation techniques, such as Happy Breathing, have been extremely popular with the children. They genuinely enjoy the moments of peace and mindfulness. Also, the scientific detail of how our brains work has helped explain why we may feel stressed or anxious. "The fact that myHappyMind is solution driven and gives techniques to manage these difficulties is so valuable."

**Staff at Duke Street Primary School have also commented on how myHappy mind has helped to support their own mental and emotional wellbeing.**



One member of staff mentioned “For myself, myHappy mind has impacted my day-to-day life. I regularly use Happy Breathing to get through a tough moment and have a better understanding of my Character Strengths and how I can use these as my superpowers!”

myHappy mind has also been embraced outside of school, with several parents using the myHappy mind app to support their children’s wellbeing at home. A parent using the app at home has said

“I really like the app and the resources available. I think the myHappy mind programme is great. I think it is beneficial to both children and adults and helps children understand their emotions. It also helps to promote open dialogue within the family unit and helps children to understand what to do when they are experiencing certain feelings.”



**The Parish of St Laurence CE Primary School, situated in the heart of Chorley, strives to enrich the lives of their community. They aim to help everyone reach their full academic, social, global, and spiritual potential.**



Since the Pandemic staff have noticed a significant increase in the number of children requiring support with their mental health and wellbeing. This is why they felt myHappymind would be very beneficial. Since implementing the programme, and the lessons throughout the whole school week, there has been a noticeable and positive impact on the wellbeing of pupils. As a direct result of this, St Laurence were awarded myHappymind Bronze Accreditation this Year.

The school's Deputy Headteacher and SENCO, Kathryn Hall, has said:

"During a challenging period for our school, where we are without a Learning Mentor or Family Support Worker to support the pastoral needs in school, we have seen a decrease in the number of children across school suffering from mental health difficulties and anxieties. myHappymind has played a significant part in trying to bridge this gap and enabling us to be preventative rather than reactive by educating the whole school rather than trying to fire-fight and target individuals."



**myHappy mind has also been very well received by the Governors of The Parish of St Laurence CE Primary School. One Governor said:**

"It is a joy to see the staff and children embrace and practice the learnings from the myHappy mind programme. The science, the language, and the messages are instinctively and routinely applied, weaving throughout the daily rhythm of the school. It is incredibly valuable to instil these learnings in the children to invest in their wellbeing and resilience. Also, to boost the staff's mental health, and include the initiative within the strategic School Improvement Plan."

Furthermore, the school's SEND and Wellbeing Governor stated:

"As a long-standing Governor at St. Laurence's Primary School I, along with the staff, have welcomed the introduction of the myHappy mind programme and its inclusion in the School Improvement Plan.

The benefits of the programme, delivered weekly at the same time throughout school, using the same language and building on the same principles, are already having a positive impact on children's resilience and wellbeing. It has been particularly valuable for those children showing signs of anxiety in school and also in supporting staff wellbeing."





**St Patrick's RC Primary School is described by the school's Headteacher, Liz Hindley, as "a happy place of learning and this is due to the care we have taken to put the wellbeing of our children and the teaching team at the heart of our development."**



The myHappyMind programme is engaging and educational, supporting our children to understand their emotions and how to express their feelings. This programme, coupled with the exceptional support of our dedicated educators, is enhancing our core mission to allow our children to learn, grow and shine." The school was proud to announce that they were awarded myHappyMind Bronze Accreditation this year."



Emily Rodriguez, the Deputy Headteacher and myHappyMind Champion at St Patrick's RC Primary School has also spoken about how, since starting with myHappyMind this year there has been a significant shift in the children's understanding of mental health and wellbeing. Even the youngest children in school are excitedly talking about their Amygdala, Hippocampus, and Prefrontal Cortex, recommending Happy Breathing to their peers and even members of staff in stressful situations. The children have really embraced learning about and celebrating Character Strengths in each other, and there have been fewer friendship issues since January as children are developing skills to resolve problems through discussions and thinking time.

**Class teachers have also fed back that children throughout the school have enjoyed the myHappy mind lessons. They have enjoyed writing in their journals as it has allowed them to express how they feel about certain situations.**

“The Children have incorporated Happy Breathing into their day-to-day life and regularly use the different breathing techniques when they are feeling overwhelmed, anxious or angry.”  
“Children with the highest levels of SEND love the myHappy mind songs and always join in with these which in itself supports them to calm down and breathe more regularly.”

The pupils at St Patrick’s RC Primary School have also been talking about their favourite things about myHappy mind, with children saying:

*“myHappy mind lessons make me feel happy.”, “Happy Breathing helps me” and “When we learn a new song it makes me happy.”*



They have also stated that they like: “when we learn new things like Active Listening.”, “All the writing in our journals.” And “When we have learned how to relate and be a good friend.”

# Clayton-le-Woods Church of England Primary School



**Clayton-le-Woods Church of England Primary School is a single-form entry school and preschool situated in the Cuerden Valley.**

As a school nurturing good emotional health and wellbeing in everyone is high on the agenda. Recognising this, the school was awarded myHappymind Bronze Accreditation this year.



The school's Deputy Headteacher and Senior Mental Health Lead, Peter Howard, has said that:

*The myHappymind “approach really supports our whole school approach to mental health and wellbeing. I have recommended myHappymind to several other schools (including my children’s school which started with it last week!) and discussed the benefits of implementing an approach that recognises the many challenges faced by children today and is a positive and proactive approach to wellbeing rather than a reactive sticking plaster. Having a common language across the school is vitally important and supports children in expressing and understanding their different emotional states and the reasons for their actions and reactions.”*

In Pre-School, pupils always look forward to their myHappymind sessions, particularly the storybooks, and they thoroughly enjoyed learning about their Character Strengths. Pupils are now applying what they have learned throughout the week, for instance, a child recently said, “I am going to try my best, like Berty does.” Another said, “we look after our world by watering the flowers, that’s in myHappymind.”

# Clayton-le-Woods Church of England Primary School



Class teachers have been speaking about the impact that they have noticed myHappyMind having in the class, but also at home where children have been sharing their new learning with family members. The programme has helped children develop a Growth Mindset and try new challenges that previously they may not have attempted. One class teacher has remarked,

“It has made me more mindful of the language I am using when teaching. In addition to referring to the characters and stories looked at in myHappyMind to promote pupil's wellbeing. I have also used some of the strategies with pupils' struggling to regulate their emotions; the glitter jar is a wonderful tool.”

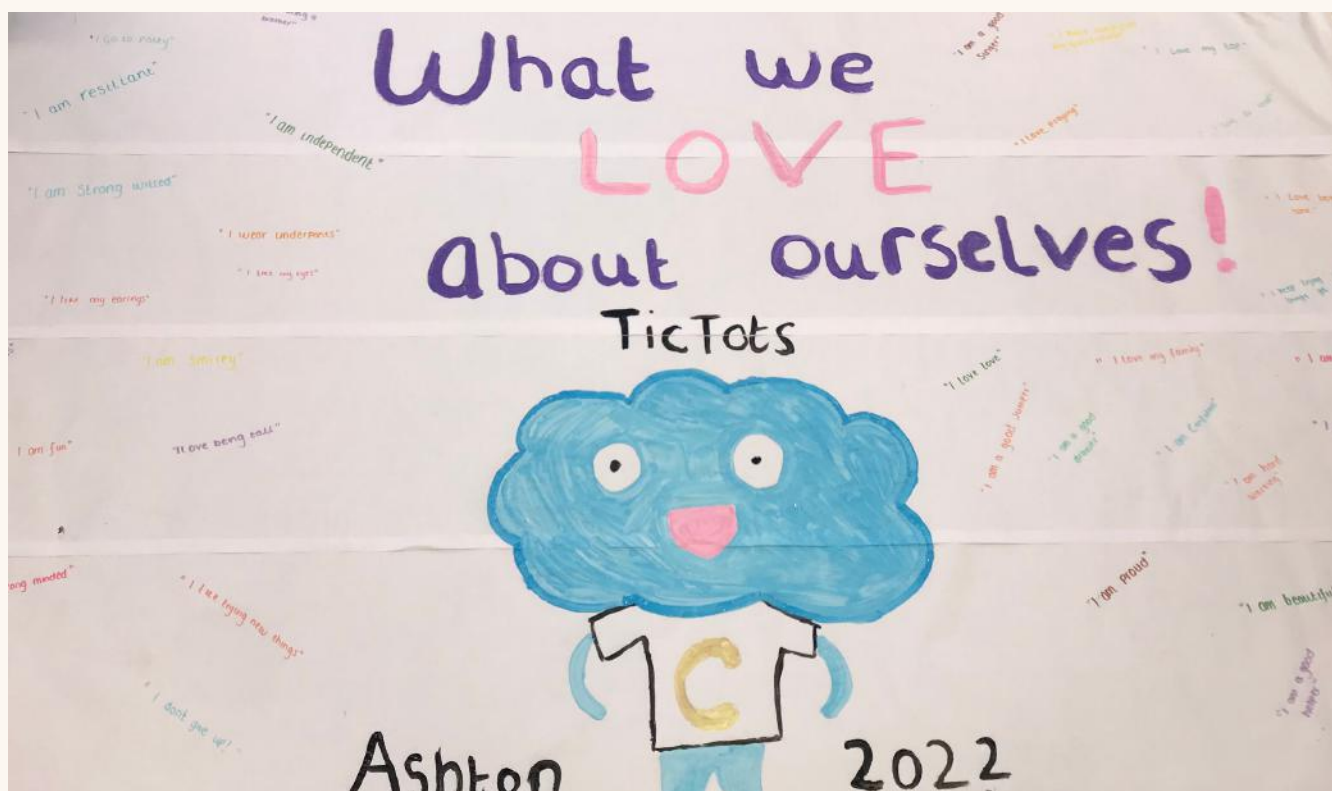
Parents of pupils at Clayton-le-Woods CofE Primary School have really benefitted from using the myHappyMind app at home to help support their children's wellbeing. One parent that has been using the app has said:

“Wow! Why hasn't someone done this before? myHappyMind is packed full of resources, hints, and tips for everyone. It's so simple and easy to use and all in bitesize chunks, so little minds don't get distracted or bored. What a brilliant tool for parents to help their children and themselves learn how to deal with so many different emotions. It's also something fun to do together away from the usual screens which are being used far too much these days. Thank you myHappyMind!”

# TicTots Nursery and Creche - Ashton and Strand



TicTots Day Nursery and Creche in Ashton is a family-run nursery, offering a homely experience for its children in a fun, secure and calming environment.



The nursery was delighted to announce their myHappyMind Silver Accreditation this year, which they were awarded in recognition of the fantastic way myHappyMind has been embraced to support the wellbeing of their children and their staff. Conversations around mental health and wellbeing are now becoming the norm and are being woven in throughout the week. The children are now having conversations about how their brains can help them make good choices while carrying out different activities.

The children are now also recognising and celebrating each other's Character Strengths and achievements throughout the week. Staff have also commented on how the wellbeing programme has helped to support their own mental health, with staff saying:

"This has been very helpful with everyday life.",  
"This was insightful, I can use this knowledge when working alongside others." And "I am now more motivated to set new goals."

# TicTots Nursery and Creche - Ashton and Strand



**TicTots sister nursery, located in the centre of Preston, was awarded myHappyMind Bronze Accreditation this year, due to the great way that the programme has been embraced by all staff and utilised to help support the wellbeing of their children.**

Kelsey Doran, the Nursery Manager at TicTots Strand, has said:

***“Since beginning our myHappyMind journey we have seen not just a positive impact on our children, but the staff as well.”***

All members of staff at the nursery have completed the Staff Wellbeing programme. This helped support their own mental wellbeing and gave them the knowledge and understanding of how best to support their children. Since using myHappyMind, children are now able to self-regulate. Even children in the baby and toddler room are now able to complete Happy Breathing with practitioners demonstrating the exercises to create moments of calm.



# Let's hear the stories

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# Pupil Feedback

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# Pupil Voice Quotes



*"I was quite shocked that Neuroplasticity makes you learn and if you do things loads of times that it gets easier for you."*

*"I feel a lot better now that I have learned about and done Happy Breathing. "*

*"It has been fun learning about Happy Breathing, and I am excited to learn about Celebrate."*

**Pupils**

Middleforth Primary School



*"It has made me always feel grateful for little things."*

*"It makes me feel grateful for everything that I have."*

*"I've learned to appreciate other people."*

*"I think it's awesome thinking about being thankful."*

*"It's made me feel happier than usual."*

*"It makes me appreciate my friends."*

**Pupils**

Leyland Methodist Infant and Junior School



*"myHappymind is great because it makes me relaxed."*

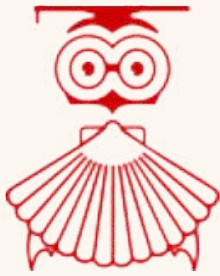
*"We learn about the brain, so we know how to keep it happy."*

*"When we are calm, we are ready to learn."*

**Pupils**

Holy Family Catholic Primary School

# Pupil Voice Quotes



***"I feel like I have a greater understanding of how my brain works. When I am stressed, I will try to do things that make me happy."  
"After Happy Breathing, we always feel calm, relaxed and soothed."***

## **Pupils**

Leyland Methodist Junior School



***"Happy Breathing helps me to feel calmer and think better."  
"I love imagining the colour when I'm doing it."  
"It releases stress from the brain."  
"I did it when I felt scared trying to learn to ride my bike without Daddy holding on."  
"There was a scary dog and I cried, I did Happy Breathing and then I stopped crying."***

## **Pupils**

Eccleston St Mary's CofE Primary School



***"I can put my coat on because my brain helps me."  
"My brain is telling me to go to the snack table and have a snack."  
"Let's do our Happy Breathing so our brains are ready to tidy up."***

## **Nursery Children**

St Bernard's Catholic Primary School

# Pupil Voice Quotes



*"When we learn a new song, it makes me feel happy."*

*"myHappyMind lessons make me feel happy."*

*"Happy Breathing helps me."*

**Pupils**

St Patrick RC Primary School



St Clare's Catholic Primary  
School

What did you like best about  
myHappyMind?

““Doing the actions to the songs.”

“I liked learning new things about  
Character Strengths.”

“Answering the quizzes.”

“I enjoy completing the journals.”

“I really loved the songs.”

“I enjoyed talking to my friends about  
their Character Strengths.”

Pupils



St Patrick's RC Primary  
School

“I have learnt to never give up and  
always try my best.”

Pupil

# Parent Feedback

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# Parent Feedback



***"The way that the myHappymind programme has engaged my children to talk about the workings of their brains has been very impressive. They can talk about the different parts of the brain and how we all need to control our brains so that our actions are acceptable and result in the best outcomes for all."***

**Parent**

Queen's Drive Primary School



Duke Street Primary School

"I think the app is great. I have seen my child using strategies from myHappymind. My child uses Happy Breathing when they need to and enjoys writing positive quotes. My child tells me she does this to help her relax and it helps her to feel positive each day. I really like the resources available."

Parent

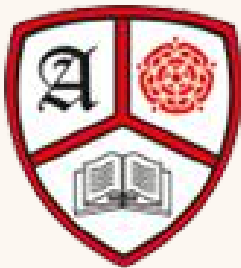


Duke Street Primary School

"I really like the app and the resources available. I think the myHappymind scheme is great. I think it is really beneficial to both children and adults and helps children understand their emotions. It also helps to promote open dialogue within the family unit and helps children to understand what to do when they are experiencing certain feelings."

Parent

# Parent Feedback



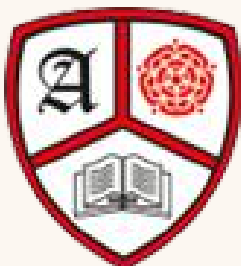
*"We've been using tools from the myHappymind app at home in times when Harry can't describe how he is feeling. It has been great as he can now vocalise his worries/anxieties. We hear him sometimes doing his 'Happy Breathing' when he is scared."*

**Parent**  
Anderton Primary School



*"myHappymind is fantastic. I fully support the school teaching, and our children learning about mental health. I truly feel that it is important in this modern day society."*

**Parent**  
Fulwood and Cadley Primary School



*"My child has always had a few sensory issues with clothing, certain foods, the feel of pages in a book and he absolutely hates socks! When he was younger I struggled to understand why some things were just such a battle. Using the myHappymind has helped both of us to be able to reach compromise, to understand how the other one is feeling and avoid the battles we used to have."*

**Parent**  
Anderton Primary School



# Parent Feedback



***“I have found that it is very detailed/informative and helpful for my child, it is made to be fun with the little videos and activities. It helps 'E' and myself understand the way the brain works a bit more, the variety of activities are great and the little videos are great too! I haven't yet listened to the podcasts but that will be next on my to do list”***

**Parent**

Sacred Heart Catholic Primary School



Clayton-le-woods Church of England Primary School

myHappymind has been a brilliant tool to use at home for Freddie. He regularly uses Happy Breathing when he feels his emotions overwhelming him and likes to place the teddy on his tummy to watch it move and help him focus. I have also used it with his younger sibling who is 2 to introduce those techniques early. Freddie likes to help his younger brother in this. It has helped Freddie learn the value of friendships and how to build and secure those bonds as he is such a happy sociable child who will include all in his play in or out of school. It has supported him in becoming much more resilient and the confidence to continue to pursue his goals.

Year 1 Parent



Clayton-le-woods Church of England Primary School

myHappymind is packed full of resources, hints and tips for everyone. It's so simple and easy to use and all in bitesize chunks, so little minds don't get distracted or bored. What a brilliant tool for parents to help their children and themselves learn how to deal with so many different emotions. It's also something fun to do together away from the usual screens being used far too much these days. Thankyou myHappymind!

Year 5 Parent

# Teacher Feedback

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# A WOW moment from Moss Side Primary School

"I teach a large Year 6 class (37 pupils in total!) with a huge range of abilities and life experiences. I have a boy in my class who has many barriers to learning and is on our special needs register. His least favourite thing to do is write and it has taken much encouragement, support, and confidence-boosting to get him to put pencil to paper this year.

We recently begun using the myHappymind programme, starting with the 'Meet Your Brain' module. He was hooked from the start and had his hand up offering to share his memories and times when the different parts of his brain had taken over. We then got to the journal part of the lesson; I was anticipating that the boy might not want to record anything. He began writing.

He was so engrossed and kept periodically getting up with his journal and bringing it to show me.

When I sent the children out to play, he was so lost in the moment he didn't notice the children leaving. When he finally realised everyone else had gone out, he asked if he could carry on!!! He wrote for 25 minutes straight; he was engaged and excited throughout. It was an absolute pleasure to share the session with him. Thank you, myHappymind."

Jaclyn Torbett  
Assistant Headteacher  
Moss Side Primary School



# Teacher Feedback



*“One of our children with additional needs has said that he felt amazing taking charge of his own Happy Breathing, it made him feel great and in control.”*

**Helen Porter**

myHappyMind Champion

Broughton-in-Amounderness CofE Primary School



**Jen Hollings**  
Head of School  
Leyland Methodist Infant  
& Junior Schools

“myHappyMind has had a positive impact. Lots of our younger children are very vocal in their understanding of their emotions and behaviours. Happy Breathing is a firm favourite in EYFS too! My goal next academic year is to use the journals and strategies with staff for their own wellbeing and mental health because this is not just a post-Covid thing, changes to such a fast-paced society are too overwhelming, and managing our anxiety is here to stay.”



**St Pauls School Adlington**

“The pupils love myHappyMind, we have myHappyMind Mondays after worship where the full school does their lessons, they are all really excited about it. We are starting to see a real difference in self-regulation. The Attitude of Gratitude has been particularly good as we have some children who are quite deprived of social skills in the home, this has benefitted them especially.”

# Teacher Feedback



## St Gregory's Catholic Primary School, Preston

“The teachers are enjoying teaching myHappymind and the children are now really looking forward to Wednesday mornings as they know that is when they will be doing their myHappymind session. Pupils are coming up to me and saying, ‘do you know you’ve got a Hippocampus, Amygdala and Pre-Frontal Cortex in your brain?’ We are so fortunate to have had the opportunity to start the programme.”

Linda Mayor  
Mental Health Lead



***“The children are loving it so far and have really embraced the programme. They are always making sure the teachers don’t forget to do the myHappymind lessons! Unlike some other programmes it has been so easy to implement and get everyone onboard.”***

### Sally Walsh

Deputy Headteacher  
St Leonard's CofE Primary School, Walton le Dale

# Teacher Feedback



***“The Children are really enjoying the programme and the staff have all commented on what a positive impact it has had on the children. The year five children are using Happy Breathing after PE and at other points in the day.”***

**Lindsey Morrison**

Deputy Headteacher, Holy Family Catholic Primary School.



***“The programme is going really well; the staff and children are really enjoying the content. One child in Year 6 who finds managing their emotions difficult is finding the Happy Breathing very useful and a child in Year 1 said that she was going outside to get more oxygen to her brain so that Team H-A-P can work together properly.”***

**Lucy Scanlon**

Headteacher, Sacred Heart Catholic Primary School

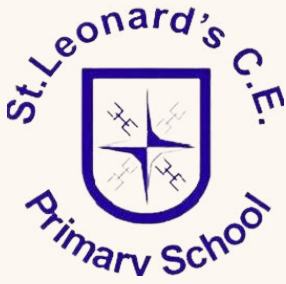


***“As a school we are passionate about children’s mental health and looking after the children’s wellbeing, it is great to have a tool kit like myHappymind to help with this. The programme has sat really well within the school and it’s fascinating to hear the language being used throughout the school.”***

**Alison Burrows**

Pastoral Manager, St Bernard's Catholic Primary School

# Teacher Feedback



*“The children are loving it so far and have really embraced the programme. They are always making sure the teachers don’t forget to do the myHappymind lessons! Unlike some other programmes it has been so easy to implement and get everyone onboard.”*

**Sally Walsh**

Deputy Headteacher

St Leonard’s CofE Primary School, Walton le Dale



**Eccleston St Mary’s CofE  
Primary School**

“The conversations that it is promoting in lessons are amazing and the children are referring to what they have been learning throughout the week. The teachers are all onboard because it is so engaging, and they are seeing the impact that it is having already. I have really enjoyed teaching the Relate module and have noticed a real difference in eye contact and Active Listening with my class. The children are still referring to Happy Breathing regularly throughout the week and from September I am going to encourage all classes to be doing Happy Breathing each day.”

Helen Bannister  
SENCO



**St Gregory’s Catholic  
Primary School, Preston**

“The teachers are enjoying teaching myHappymind and the children are now really looking forward to Wednesday mornings as they know that is when they will be doing their myHappymind session. Pupils are coming up to me and saying, ‘do you know you’ve got a Hippocampus, Amygdala and Pre-Frontal Cortex in your brain?’ We are so fortunate to have had the opportunity to start the programme.”

Linda Mayor  
Mental Health Lead

# Teacher Feedback



***“The children find difficult concepts such as the Amygdala, Hippocampus and Prefrontal Cortex easy to understand. They are now beginning to use Happy Breathing more independently.”***

Class Teacher Ingol Community Primary School



Coppul Parish CofE  
Primary School

“The children are really opening up about experiences and it has been good for them to learn what they can do to combat stressful situations.”

Class Teacher



Class Teacher  
Kingsfold Primary School

“Year 6 have really enjoyed doing this module. They feel that it has helped them to understand their emotions better.”

Class Teacher



# Teacher Feedback



*“A child who was recently reviewed for ASC was able to explain their feelings in terms of Team H-A-P. They accurately spoke about their Amygdala and Fight, Flight, and Freeze responses.”*

**Class Teacher**  
Moss Side Primary School



*“At parent's evening, we had a few parents say that when their child had been frustrated or angry at home, they had used their Happy Breathing and one child has been doing their own myHappyMind project at home.”*

**Becky Catterall**  
SENCO, Longton Primary School



*“Children love it, and staff like how easy it is to deliver. Children have mentioned using Happy Breathing to help them outside of school. It's amazing how much they have learned already.”*

**Carol Cheetham**  
myHappyMind Champion, St Stephen's  
CofE Primary School

# Teacher Feedback



*"We have really hit the ground running with it. The children love their journals, and my class in particular will really benefit from doing Happy Breathing often. Even the younger children have really grasped the language and we have started to use the vocabulary throughout the school week."*

**Laura Milne**

myHappyMind Champion, St Maria Goretti  
Catholic Primary School



*"Everyone thinks it is amazing. There are so many resources that are well laid out, and the teacher guides make it so manageable. The children are always talking about Team H-A-P, it is always coming up in things like their artwork, they are really inspired by it!"*

**Hayley Swash**

myHappyMind Champion, Lea Community  
Primary School



*"The children particularly love the songs. Year 1 have really grasped the scientific language and Year 6 have really enjoyed learning all about their Character Strengths. This understanding of their unique strengths will really help in the lead up to SATs."*

**Emily Rodriguez**

Deputy Headteacher, St Patrick's RC  
Primary School

# Teacher Feedback



Leyland Methodist Junior School

"After this module, a child said 'This module has made me realise how thankful I am for the many things and people I have in my life. My life is fortunate compared to others.'"

Class Teacher



Being thankful or grateful is when we notice and talk about the things that we are happy about.

There are three categories of things we can be thankful for and we'll learn about the first of these today.

The first category of things we can be thankful for is other people.



PIC-COLLAGES



Longton Primary School

"Gratitude is a word often heard in the classroom now."

Class Teacher

# Teacher Feedback



St Bernard's Catholic  
Primary School

“They know that to achieve goals they need to be constantly making steps to try and get there, not just expect it to 'happen'.”

Class Teacher



*“It has helped pupils with listening whilst other children are speaking too, not just adults.”*

**Class Teacher**

Leyland St James Primary School

# Teacher Feedback



***“Children have set goals not just for SATs but for developing their friendships.”***

**Class Teacher**

Holy Family Catholic Primary School



***“I have learnt to never give up and always try my best.”***

**Pupil**

St Patrick's RC Primary School



***“A child enjoyed this quote from the book ‘Working hard is important but there is something that matters even more - believing in yourself!’***

**Year 6 Teacher**

St Leonard's Primary School

# Teacher Feedback



Coppull Parish CofE  
Primary School

“We have loved Happy Breathing sessions as a class and the children have benefitted from it. One child who cried coming into school now does Happy Breathing and comes in calm. We talk about the brain a lot including which part of our brain we are using in certain situations.”

Class Teacher



Kingsfold Primary School

“Year 6 have really enjoyed doing this module. They feel that it has helped them to understand their emotions better.”

Class Teacher



Holy Family Catholic  
Primary School

“When anyone is feeling worried or stressed and makes a poor behaviour choice we discuss as a class how our Amygdala isn't helping us to make the best choices!”

Class Teacher

# Teacher Feedback



*“We really enjoyed this module. The class enjoyed looking at different Character Strengths and thinking about which was there strongest. They were able to identify these strengths around school and at playtimes. Some children could speak about how they used their strengths at home too! They liked identifying one strength to improve and we have talked about how we can do this.”*

**Class Teacher**

Holy Family Catholic Primary School



*“The class and I really enjoyed this module. They developed a good understanding of Character Strengths and how they can change. They enjoyed 'Strength Spotting' too.”*

**Class Teacher**

Leyland Methodist Junior School



*“The children have been very mature when speaking about their strengths, as well as areas they would like to work on. One child has recognised she is a strong leader, but that she struggles to be a team player and being told what to do - this is something she has identified to work on. “*

**Class Teacher**

Coppull Parish CofE Primary School

# Teacher Feedback



St Patrick's RC Primary School

"A child who had been glamping with his parents at the weekend told us on Monday morning that he was grateful to his Mummy and Daddy for taking him glamping."

Class Teacher



St Anne's Catholic Primary School

"The children are more aware of gratitude in the class and are trying to include it more when thinking of others."

Class Teacher



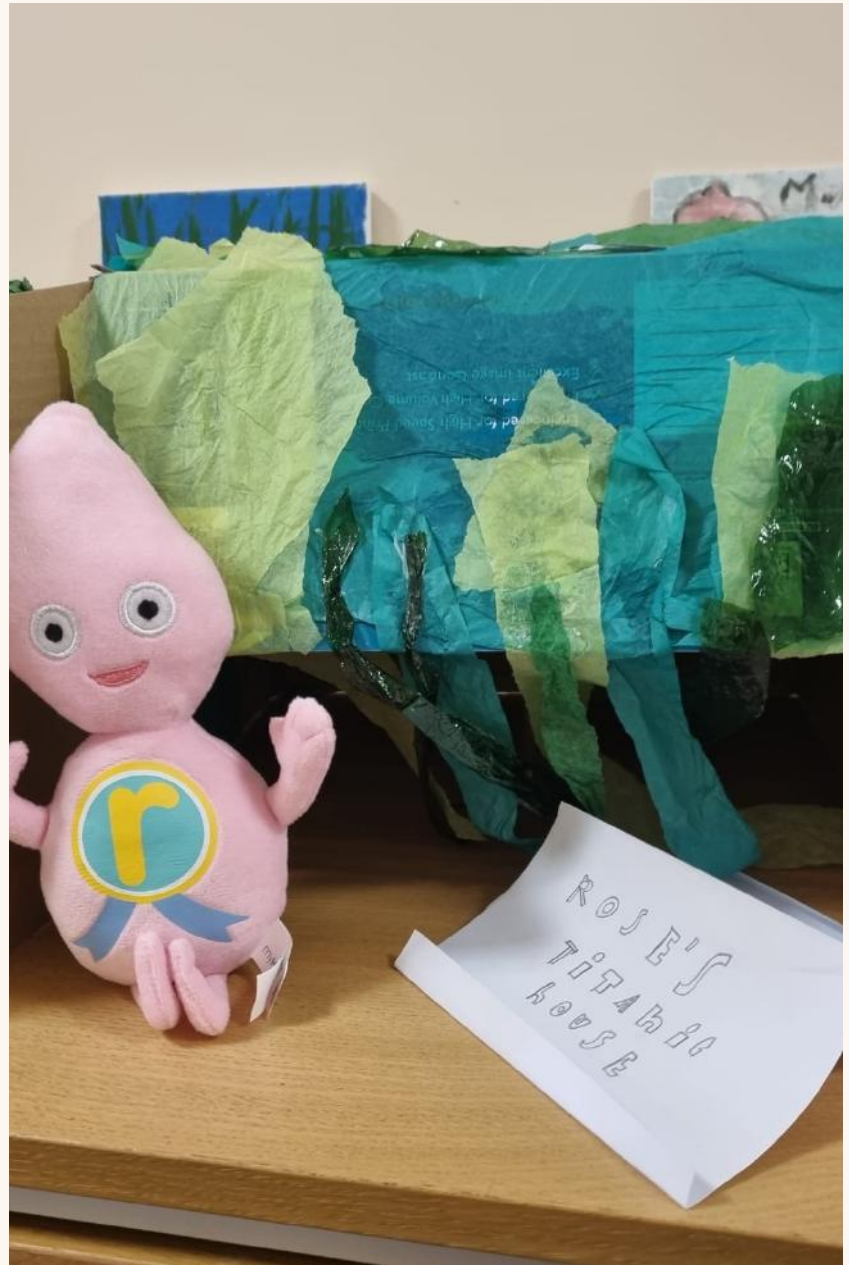
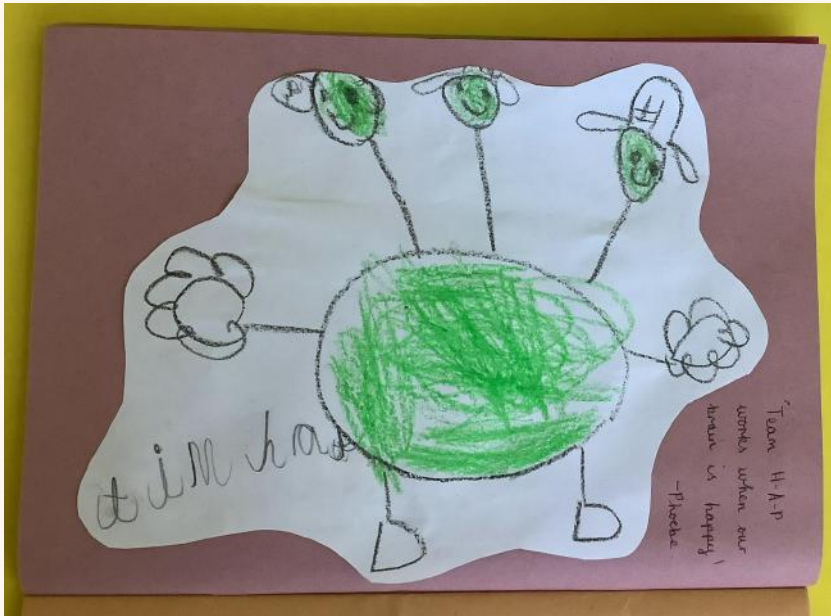
Kingsfold Primary School

"We have been adopting an Attitude of Gratitude in class."

Class Teacher







# Teacher Feedback



*“We have used the strategies as a guided way to resolve issues at playtime.”*

**Class Teacher**

Sacred Heart Catholic Primary School



*“The children are very good at 'putting themselves in the other persons shoes' and considering how their actions affect others. The children were confident in naming the reasons they are friends with other children.”*

**Class Teacher**

St Leonard's CofE Primary School



*“It has helped pupils with listening whilst other children are speaking too, not just adults.”*

**Class Teacher**

Holy Family Catholic Primary School

# Staff Wellbeing Feedback



*“It was brilliant.”*

*“It has made me think about getting children to breath calmly when they are in a Flight, Fight or Freeze situation.”*

**Staff**

St Patrick’s RC Primary School



St Patrick's RC Primary School

“I have done the first two modules of CPD with the TAs today and the response has been very positive. They all said that they enjoyed the training, felt relaxed and had a better understanding of the brain and Character Strengths. They have also all planned in time to implement better habits for their wellbeing. It has helped me to make some positive decisions about my wellbeing too.”

Emily Rodriguez  
Deputy Headteacher



Tic Tots Nursery, Ashton

“This was insightful, I can use this knowledge when working alongside others.”

“I am now more motivated to set new goals.”







“This has been very helpful with everyday life.”

Staff



# Thanks for your time

Thank you for taking the time to read this report. If you have any questions or would like to discuss our findings further, please don't hesitate to get in touch.

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