



myHappymind Plus Parent and Carer Information

An introduction to how myHappymind Plus
supports RSHE Guidance



About myHappymind

myHappymind is an award winning, NHS backed 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 programme have access to a teacher wellbeing programme.

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



Our Approach

The myHappymind program is built on a systemic approach and contains three key programs.

A program for children which is largely made up of digital lessons but supported with physical resources. A Parent App to support parents from home and a CPD certified Staff Wellbeing Program which supports the wellbeing of all staff in the school (teaching and non-teaching).

Children



Parents



Staff



What is taught in myHappymind

Meet Your Brain

Children learn how their brain works, how emotions happen, and simple ways to calm, focus and manage big feelings.

Celebrate

Children learn to recognise their character strengths, celebrate what makes them unique, and build confidence and self-esteem.

Appreciate

Children learn about gratitude and how noticing positive things can support wellbeing, resilience and a happier mindset.

Relate

Children learn why positive relationships matter and how to build friendships through kindness, empathy, respect and understanding others.

Engage

Children learn how to set meaningful goals, stay motivated and keep going when things feel challenging.



myHappymind Plus

myHappymind Plus is our school's PSHE Programme. The programme is compliant with the Statutory Guidance for Relationships, Sex, Health Education (RSHE) and it also teaches non-statutory PSHE objectives, providing a well-rounded curriculum.

myHappymind Plus is made up of **3 core content pillars** which run alongside the myHappymind core programme:

myHappymind – Core programme

myHappybody - Section 1 - Section 1: Relationships (Sex) and Health Education (RSHE)

myHappyrelationships - Section 1: Relationships (Sex) and Health Education (RSHE)

myHappyworld - Section 2: Economic Wellbeing and Careers Education

Lessons have been reviewed and developed to support schools in delivering age-appropriate, progressive and statutory Relationships, Sex and Health Education.

All objectives are mapped across the curriculum so schools can see where key learning is covered from Early Years to Year 6.



What is covered?

myHappymind

Core programme that teaches children preventive habits to look after their mental health.

myHappyworld

Maps to:

Section 2: Economic Wellbeing and Careers Education

Covers:

Online Life and safety
Economic Wellbeing
Careers Education: aspirations, learning and work
Drug Education



myHappyrelationships

Maps to:

Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:

Families
Friendships
Respecting self and others
Safe relationships

myHappybody

Maps to:

Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:

Mental Health and Wellbeing
Keeping Healthy and Well
Physical Activity and Nutrition
Changing and growing up
Personal Safety and First Aid



Why Do We Teach RSHE?

Relationships, Sex and Health Education (RSHE) helps children understand themselves, build positive relationships and develop the knowledge and skills they need to stay safe.

Children are growing up in a world where they need to understand relationships, emotions, online safety, health, personal safety and how to ask for help. These lessons help children make safe choices, build confidence, show respect for others and know where to go for support.

Through myHappymind Plus, RSHE is taught through the lens of wellbeing, belonging and safety. Learning is carefully planned to be age-appropriate, inclusive and responsive to the needs of children as they grow and develop. Lessons are delivered in a supportive environment where children are encouraged to ask questions, think critically and develop confidence in themselves and others.

Children will see familiar myHappymind concepts woven throughout lessons, including Happy Breathing, Team H-A-P and reflection opportunities. These help children feel calm, safe and ready to learn about important topics.



Update to Parents

The **updated DfE guidance** means you will see a stronger focus on areas such as online safety, AI, misinformation, privacy, consent, safeguarding, mental wellbeing, healthy lifestyles and age-appropriate teaching.

We want you to feel informed, reassured and confident about what your child is learning.

myHappymindPlus helps your child learn how to stay healthy, safe and respectful, while developing a better understanding of themselves, others and the world around them.

This document gives you an **overview of what your child will be learning and when each topic will be taught**. We will clearly **highlight any sensitive content**, such as naming body parts, puberty, grief, different types of relationships and reproduction, so that you feel informed and confident about what will be covered. Where applicable, we will **also explain which lessons you have the right to request withdrawal** from, in line with statutory guidance and school policy. Some content, such as puberty, body changes and learning covered through statutory Science, Relationships Education and Health Education, is part of the curriculum for all pupils. Parents do not have the right to withdraw their child from these areas.



What is Taught?

Lower KS2 - Year 3 and Year 4



Year 3/P4

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain				myHappymind Places				myHappymind - Celebrate				Buffer			
Spring	myHappymind - Appreciate			Healthy Lifestyles		myHappymind - Relate			Friendships		Families and close positive relationships		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage			Changing and Growing (Our Bodies Growing Up)	Communities	Shared responsibilities	Ourselves, Growing and Changing- Grief	Ourselves, Growing and Changing- Transition	Buffer							

Year 4/P5

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappymind - Meet Your Brain				myHappymind Places				Showing respect and managing hurtful behaviour		myHappymind - Celebrate						
Spring	myHappymind - Appreciate				First Aid	Media Literacy and Digital Resilience	myHappymind - Relate				Safe Relationships	Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage				Keeping Safe	Changing and Growing (Periods)	Economic Wellbeing		Ourselves, Growing and Changing- Transition	Buffer							

What is Taught?

Upper KS2 - Year 5 and Year 6



Sex Education in Upper KS2

In Upper Key Stage 2, children learn about human reproduction as part of the wider curriculum on growing and changing.

This includes conception, pregnancy, birth, caring for babies and the responsibilities that come with parenthood.

Learning is delivered using clear scientific language and is always age-appropriate, factual and sensitive.

Some content, such as puberty and changes to the body, forms part of the statutory Science, Relationships Education and Health Education curriculum. There is no right to withdraw from these areas.

Parents have the right to request that their child is withdrawn from Sex Education taught outside of the statutory Science curriculum. myHappyMind Plus has 2 lessons that cover these objectives.

If you would like to discuss the curriculum or your child's participation in lessons, please contact the school.



Year 5/P6

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 								myHappymind - Celebrate 							
Spring	myHappymind - Appreciate 			Healthy Lifestyles 		myHappymind - Relate 			Friendships 		Families and Close Positive Relationships 		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage 			Changing and Growing (The Big Change) 		Safe Relationships - All Kinds of Love 		Economic Wellbeing 		Ourselves, Growing and Changing- Grief 		Ourselves, Growing- and Changing- Transition 				

Year 6/P7

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - <u>Meet Your Brain</u> 		myHappymind <u>Places</u> 				Shared responsibilities 		Showing respect and managing hurtful behaviour 		myHappymind - <u>Celebrate</u> 		Communities 		Buffer	
Spring	myHappymind - <u>Appreciate</u> 		First Aid 	Drugs, Alcohol & Tobacco 	Media Literacy and Digital Resilience 		myHappymind - <u>Relate</u> 		Safe Relationships 	Changing and Growing - Reproduction 	Changing and Growing - Reproduction 	Safe 	Buffer			
Summer	myHappymind - <u>Engage</u> 		myHappymind - <u>Be Your Best</u> 			myHappymind - <u>Transition Programme</u> (2 sessions a week) 							Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			

Frequently Asked Questions

What is myHappymind Plus?

Plus is our PSHE/RSHE programme. It helps children learn how to stay healthy, safe and respectful, while developing the knowledge and skills they need for everyday life.

What topics will my child learn about?

Children will learn about health and wellbeing, friendships, families, online safety, privacy, personal boundaries, money, careers, respect, diversity and preparing for change.

How will sensitive topics be taught?

Sensitive topics are taught in an age-appropriate, factual and respectful way. We will highlight sensitive content in advance so you know what will be covered.

Will my child be taught about FGM?

FGM is not a statutory requirement to teach explicitly in primary school. However, schools may choose to include it as part of wider safeguarding learning to help equip children to keep themselves and others safe.

Will my child learn about reproduction?

In Upper Key Stage 2, children learn about human reproduction as part of growing and changing. This includes conception, pregnancy, birth, caring for babies and the responsibilities that come with parenthood.

Can I withdraw my child from lessons?

Parents can request to withdraw their child from sex education taught outside the statutory Science curriculum. There is no right to withdraw from Relationships Education, Health Education or statutory Science content.

Who can I speak to if I have questions?

Please contact the school if you would like to discuss the curriculum, sensitive content, or your child's participation in lessons.

Can I download the myHappymind app?

Yes. Parents and carers at myHappymind schools can access the myHappymind Parent App to learn more about myHappymind and how to support these habits at home. The app includes videos, activities, Happy Breathing, music, stories and other family resources. Your school will share the information you need to access the app.