

Reception Class Newsletter



Friday 28th April 2023

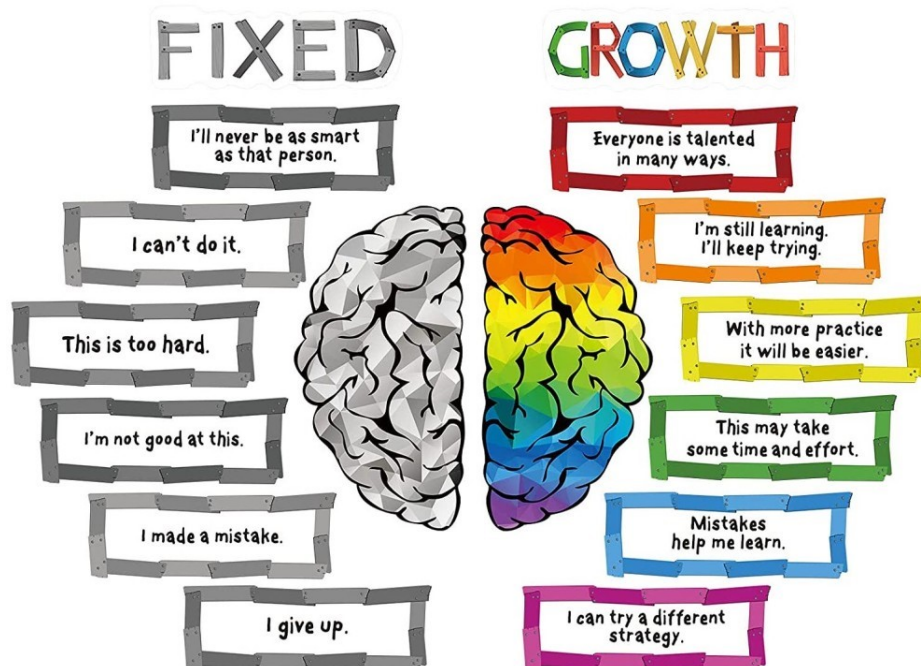


Dear Parents and Guardians,



Reception have recently begun the My Happy Mind programme. This evidence-based programme for schools is grounded in the latest scientific research about what it takes to create positive wellbeing. My Happy Mind is taught across five modules; each of which introduces a new set of content and habits to help children build

resilience, self-esteem and confidence. As part of module 1, we are learning about the brain. We are developing our understanding of how our brain works and how to look after it so that we can manage our emotions and be our best selves. Instilling a growth mindset is a key part of this module. You can support your child's progression through this module by promoting a growth mindset at home. A growth mindset is achieved through instilling the belief that mistakes are integral to learning and improvement is possible with practice.



Thank you for your continued support.

Mrs Bell and Miss Murphy