



We are proud to announce that we are a My Happy Mind Bronze Accredited school!

This means that our school considers the mental health and wellbeing of our children and staff as one of our top priorities.

We have a whole school culture that helps build resilience, confidence and self esteem as well as learning how to self regulate in those stressful times using our knowledge of the My Happy Mind scheme and Zones of Regulation.

At Cherry Orchard, we have created our own PSHE overview that follows the My Happy Mind scheme of work across the whole school as well as celebrating annual themed weeks (anti-bullying week, Mental health week etc) and other key features to help us in our community.

This award was given to us because of the great effort that our staff, children, governors and parents have put in to ensure that My Happy Mind is part of every day life at Cherry Orchard.

To learn more about the My Happy Mind for Schools programme visit their website here - <https://myhappymind.org//>

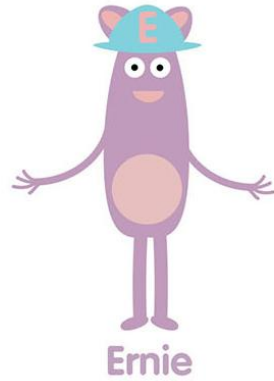
Each class will work their way through each of the five My Happy Mind modules throughout the academic year:

- Meet your brain
- Celebrate
- Appreciate
- Relate
- Engage

•Year 6 will also have the chance to work through a set of transition lessons to further support their transition into secondary school.

Engage

This Module is all focused on children setting Big Dream Goals. They will learn the 3 steps of how to set a goal and how this will support their happiness and achievements. This module builds the skills of perseverance.



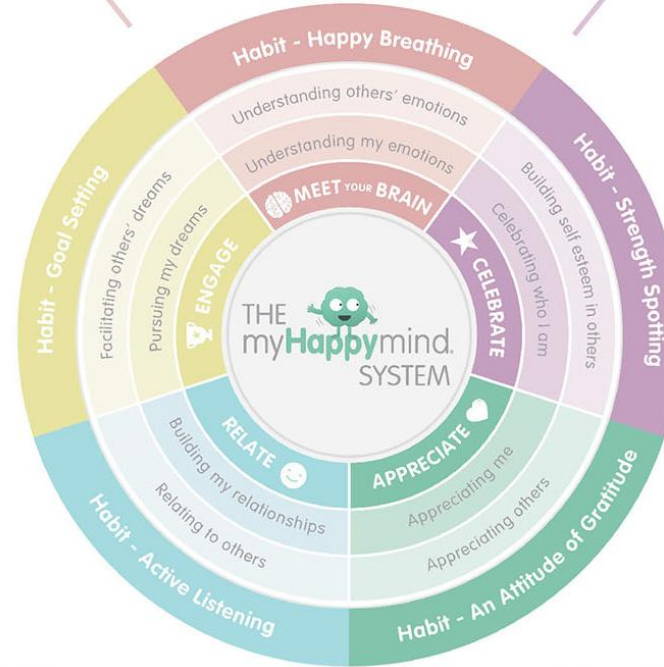
Meet Your Brain

This Module helps children to understand how their brain works and how to look after it when they are feeling sad, scared or worried. They will learn all about Neuroplasticity.



Celebrate

This Module is all focussed on building children's self-esteem. Children will learn about 5 Character Strengths that make them unique and special and will spot these in themselves and others.



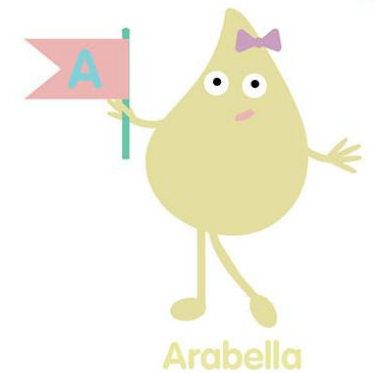
Relate

This Module supports children with friendships and teaches them how to be a good friend. They will learn the key skills of Active Listening and how to see things from a different perspective.



Appreciate

This Module is all about children showing gratitude and how this can make us feel amazing!



My Happy Mind at Cherry Orchard!

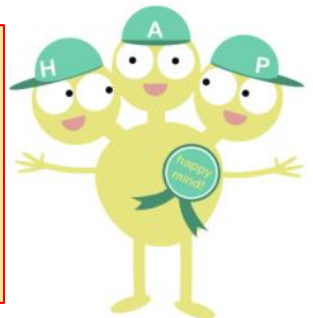
We, at Cherry Orchard, value our mental health and ensure that it is seen as a priority for all. We teach the children how important our Mental Health is and how to look after it.

In January 2024, we introduced the 'My Happy Mind' scheme of learning which works along side the Zones of Regulation tool that we introduced a few years ago. My Happy Mind is a programme that teaches every child how to be equipped with skills, strategies and habits in order to be able to manage their own mental health and wellbeing. Introducing this programme, has enabled us to take a proactive approach towards children's mental health and wellbeing, which in effect, will aim to reduce children reaching crisis points.

My Happy Mind gives the children the opportunity to understand how their brain works and what their brain looks like. Children will learn all about neuroplasticity and that their brain is made up of three parts - the amygdala, prefrontal cortex and the hippocampus. My Happy Minds helps the children to notice when their brain is working well and helping them to make good decisions. It also provides them with strategies to use so that we can notice when our brain is not working as well.

By the children understanding this, allows them to understand that this is when we don't make the best decisions. As a result of this, we teach the children 'happy breathing' techniques along with other self-regulation techniques to help their brain and providing them with a range of strategies that we can use to help us be the best version of ourselves.

After each My Happy Mind lesson, the children are given the chance to reflect about their learning in their My Happy Mind journals. The children have shared that they really enjoy reflecting as it allows them time to share what is happening in their own minds. The older children have shared that My Happy Mind gives them the opportunity to relax and think. They like that it a set time each week where they can focus on their own learning and how they are feeling that day.



Thank you to the **80 parents** that have already signed up to the My Happy Mind Parent app.

The parent app will allow you to see what your child(ren) is learning in their PSHE lessons. It is full of information for you about each unit as well as happy breathing strategies and games for the children.

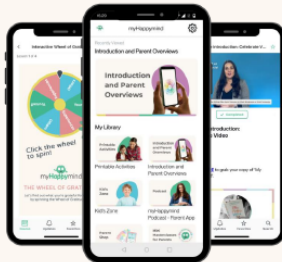
If you would like more information about the parent app, please use the link below.

<https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

The APP is free for all Cherry Orchard Parents. Our URN Number is 103178



Scan this code if you're in England or Wales



My Happy Mind- Parent Library

We have been gifted a small number of My Happy Mind books from the My Happy Mind team.

We now have our parent library where you can borrow one of the books for a short while so you can learn more about the My Happy Mind scheme and how it can further support your child(ren) at home.

If you would like to borrow a book, please go to the main office and Mrs Khatkar or Mrs Wong will help you.

All we ask is that once you have finished reading the book, you take it back to the office and sign it back in so it can be given to another parent.

