

myHappymind Plus Policy Statements



Introduction

This document is designed to support staff in embedding myHappymind and myHappymind Plus approaches into PSHE, mental wellbeing and emotional literacy provision.

It is not intended as a full school policy, but as a supporting resource to complement existing school policies and statutory requirements. Schools are encouraged to tailor content to their context and ensure all statutory Relationships and Sex Education (RSE) content is delivered in line with national guidance.

Please note: myHappymind and myHappymind Plus do not include sex education or puberty content, and schools are responsible for sourcing and delivering this statutory content.

For any questions or support, please contact your Customer Happiness Manager.



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Policy Review

Reviewed by:	
Date:	
Date of last review:	
Date of next review	
Approved by:	
Approved by Governors:	

Policy Purpose

This policy reflects **[School Name]**'s commitment to embedding myHappymind across PSHE and mental wellbeing provision. It outlines how the structure and content of myHappymind and myHappymind Plus are implemented across the school, while aligning with statutory Relationships, Health Education, and PSHE guidance.

The vision of myHappymind and myHappymind Plus is to ensure every child develops the knowledge and skills they need to thrive, not only in school, but in life.

Through a carefully planned and progressive curriculum, we aim to:

- Build pupils' confidence, resilience and empathy
- Equip pupils with strategies to support emotional regulation, wellbeing and positive relationships
- Prepare pupils for the opportunities, responsibilities and experiences of modern life
- Meet and exceed the statutory requirements for PSHE, Relationships Education and Health Education

Our approach is grounded in the belief that PSHE is most impactful when it is:

- **Consistent** - delivered regularly across the school in a structured, sequenced curriculum
- **Relevant** - adapted to meet the needs of specific cohorts, including SEND, neurodiverse and vulnerable pupils
- **Engaging** - supported by high-quality, age-appropriate and evidence-informed resources, including myHappymind video lessons, character-led activities, journals and worksheets

This ensures that all pupils experience a coherent and inclusive programme that builds emotional literacy, wellbeing and lifelong personal and social skills.

Legal and Statutory Framework

This policy aligns with statutory requirements for Relationships Education, Health Education and RSE (DfE, 2019) and supports the statutory duty for schools to provide a written Relationships and Health Education policy that is accessible to parents and carers.

The myHappymind and myHappymind Plus programme complements statutory PSHE by providing structured emotional literacy, wellbeing and self-regulation teaching. It supports statutory safeguarding obligations, promotes positive mental health and enriches the school's wider curriculum aims.

All teaching is fully inclusive and complies with the Equality Act 2010, promoting respect for diversity, equality of opportunity and understanding of protected characteristics. Lessons are designed to be accessible to all pupils, including those with SEND, pupils who are visually impaired, pupils who are deaf and pupils with additional vulnerabilities.

myHappymind Plus actively promotes fundamental British Values, including:

Democracy - encouraging pupils to have a voice in their learning and school life

Rule of Law - supporting understanding of rules, responsibilities and consequences, in social and emotional contexts

Individual Liberty - fostering self-awareness, decision-making and personal responsibility for wellbeing

Mutual Respect and Tolerance - building understanding, empathy and appreciation of diversity in beliefs, cultures and experiences

This ensures that pupils not only meet statutory requirements but also develop the necessary skills to thrive personally, socially and as responsible members of their community.

Aims and Values

At [School Name], we recognise the importance of Personal, Social, Health and Economic (PSHE) education in supporting the development of the whole child. While PSHE itself is non-statutory, we are committed to delivering the statutory elements of Relationships Education and Health Education, ensuring all pupils develop the understanding and skills they need to lead safe, healthy and fulfilling lives.

Age-appropriate elements of Relationships Education are also incorporated within this framework, with [School Name] remaining responsible for delivering statutory sex education and puberty content.

The myHappymind and myHappymind Plus programme provides a structured approach to statutory requirements while enriching pupils' personal, social and emotional development.



Aims and Values

Through the integration of myHappymind and myHappymind Plus, **[School Name]** aims to:

- Develop pupils' self-awareness, emotional literacy and social skills through practical strategies, character-led learning and reflective activities.
- Equip pupils with tools to support emotional regulation and wellbeing, using myHappymind Habits to develop resilience and confidence.
- Support neurodiverse pupils and those with SEMH needs by providing accessible learning that makes concepts concrete and relatable.
- Encourage empathy, kindness, respect and inclusion, reflecting both the school's ethos and the myHappymind approach.
- Foster a growth mindset and understanding of Neuroplasticity, helping pupils recognise that challenges are opportunities for learning and development.
- Embed learning into everyday school life, enabling pupils to apply emotional literacy, self-regulation and resilience strategies across lessons, social contexts, and home-school settings.
- Promote fundamental British Values through myHappymind Plus, helping pupils develop respect for themselves and others, understand different perspectives, and practise tolerance and empathy in daily school life.
- Ensure high-quality, evidence-informed teaching, providing pupils with engaging, inclusive and practical learning experiences that meet statutory PSHE guidance and support long-term personal development.

Curriculum Content and Delivery

myHappymind and myHappymind Plus delivery incorporates statutory Relationships Education and Health Education, enriched by the myHappymind programme, which includes:

- **myHappymind** - Core programme
- **myHappymind Plus** - Complete PSHE coverage including health, wellbeing, relationships and life skills
- **British Values** - Promoted through assemblies, classroom activities and interactive sessions

myHappymind Plus is made up of three core content pillars, which run alongside the myHappymind core programme:

- **myHappybody** - Health & Wellbeing
- **myHappyrelationships** - Relationships
- **myHappyworld** - Living in the Wider World

myHappymind Plus provides schools with additional resources to support British Values:

- **Whole-School Assemblies:** one for each British Value, complete with assembly plans to guide delivery and ensure clear messaging
- **Classroom Activities:** a whole-school guide to follow-up activities that each class can complete in their own classroom
- **Interactive Sessions:** designed to complement classroom activities, engaging pupils in discussion, reflection and practical application of each British Value

Curriculum Content and Delivery

By using myHappymind and myHappymind Plus, schools remain compliant with statutory guidance for Relationships Education, while also covering non-statutory PSHE objectives, providing a well-rounded, high-quality curriculum.

At [School Name], staff deliver lessons in an age-appropriate, developmentally suitable and inclusive way, ensuring pupils of all abilities can access learning. Lessons are high-quality, engaging, and evidence-informed, helping pupils understand and apply concepts both in school and at home. Strategies and activities are practical and transferable, and the programme is delivered via an innovative learning platform that combines interactive lessons with the use of journals and worksheets for reflection and recording.

Pupils use journals and worksheets to explore their learning, reflect on progress, and practise emotional regulation strategies.

Staff are trained to support pupils effectively, including SEND, neurodiverse and SEMH pupils, and to embed safeguarding principles throughout teaching.

Please note: myHappymind Plus does not include content on sex education or puberty - schools are responsible for sourcing and delivering this content separately, in line with statutory requirements.

Curriculum Content and Delivery

Strand	Module/ Content Pillars	Description/ Core Content
myHappymind	Meet Your Brain	Helping children to understand how their brains work and teaching strategies for regulation such as Happy Breathing.
	Celebrate	Building children's self-esteem through recognising and celebrating their Character Strengths.
	Appreciate	Developing an Attitude of Gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.
	Relate	Introducing relationship-building skills such as Active Listening to ensure children have the foundations to form friendships, be heard and understand others.
	Engage	Introducing the power of Goal Setting to children so that they aspire, dream and learn to persevere.
myHappymind Plus	myHappybody	Health & Wellbeing: Healthy Lifestyles (Physical Wellbeing), Mental Health, Ourselves, Growing and Changing, Keeping Safe and Drugs, Alcohol & Tobacco
	myHappyworld	Living in the Wider World: Shared Responsibilities, Communities, Media Literacy and Digital Resilience, Economic Wellbeing: Money, Economic Wellbeing: Aspirations, Work & Career
	myHappyrelationships	Relationships: Families and Close Positive Relationships, Friendships, Managing Hurtful Behaviour and Bullying, Safe Relationships, Respecting Self and Others
British Values	Democracy	Promoting a democratic process.
	Rule of Law	Teaching the importance of laws and rules, their purpose in protecting society, and the consequences of breaking them.
	Individual Liberty	Ensuring children understand their rights and freedoms, while also learning to exercise them responsibly within a safe environment.
	Mutual Respect	Teaching children to respect the protected characteristics of others and to treat everyone with respect.
	Tolerance of Different Faiths and Beliefs	Encouraging an understanding and appreciation of different cultures, faiths and beliefs, and promoting respect for all people regardless of their background.

Additional Policy Guidance



Policy Overview

This policy is reviewed annually to ensure it remains up to date, effective, and aligned with statutory requirements, national guidance and best practice in promoting pupils' wellbeing and safety. The review process considers any changes in legislation, statutory guidance or the school context, ensuring the policy continues to reflect high-quality PSHE and myHappymind provision.

Relevant references and frameworks considered during review include:

- Keeping Children Safe in Education (2025)
- Working Together to Safeguard Children (2023)
- Education Act (2002)
- Equality Act (2010)
- Children and Social Work Act (2017)
- Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations (2019) and associated statutory guidance

Schools will also need to consider the following when creating their policy:

- **[The school's]** Safeguarding and Child Protection Policy
- **[The school's]** Confidentiality Policy
- **[The school's]** Anti-Bullying Policy
- **[The school's]** Mental Health and Wellbeing Policy

This review ensures the policy remains relevant, comprehensive, and fully supports the school's approach to PSHE, emotional literacy, wellbeing, safeguarding and inclusive practice.



Rationale

myHappymind and myHappymind Plus together provide a comprehensive, evidence-informed approach to pupils' personal, social and emotional development. The programme supports statutory PSHE outcomes, including Relationships Education and Health Education, while embedding safeguarding principles throughout.

myHappymind helps pupils understand how their brains work, how thoughts and behaviours are connected, and how they can develop a growth mindset. Character-led, practical strategies, such as Happy Breathing and reflective activities, foster resilience, self-regulation, empathy and positive decision-making.

By integrating these skills across the curriculum, school life and home-school contexts, myHappymind equips pupils with the knowledge, confidence and strategies they need to manage emotions, build positive relationships and develop lifelong learning skills. It also supports pupils in understanding and practising fundamental British Values, ensuring they are prepared for life now and in the future.



Parental Engagement

The policy and curriculum are shared with parents and carers to promote transparency and support engagement with their child's learning.

Parents are consulted on age-appropriate or sensitive content, particularly in Relationships Education or RSE, and are informed of their right to withdraw their child from non-statutory RSE lessons in line with statutory guidance.

myHappymind does not include content on sex education or puberty; schools are responsible for developing and delivering their own guidance and policies for these topics in line with statutory requirements.

myHappymind is accessible to parents via the Parent App, allowing families to view resources, understand lesson content and reinforce strategies such as Happy Breathing at home.

The myHappymind Report is a great way to celebrate the outcomes of the main programme's modules and the proactive habits children have developed. It provides a clear and positive way to share these achievements with both children and their parents. The report highlights each child's strengths and shows how they have used the myHappymind habits to support their wellbeing and learning throughout the year.

Parents are also encouraged to provide feedback on the curriculum and resources, enabling the school to respond to parental views and ensure that learning is relevant, inclusive and effectively supports pupils' wellbeing.



Monitoring, Evaluation and Review

Impact measurement is achieved through multiple approaches, including pupil feedback, observation and wellbeing monitoring, evaluating the effectiveness of learning in emotional literacy, self-regulation, resilience and growth mindset.

For each year group, objectives from the PSHE Association are mapped to myHappymind and myHappymind Plus lessons, enabling teachers to track which pupils are achieving, working toward or exceeding objectives. These assessments are used in line with [School Name]'s assessment policy to monitor progress across lessons and modules.

At the end of each module, teachers record pupil attainment and reflect on lesson effectiveness. Pupils' journals and worksheets provide evidence of understanding and application, while structured assessment tools and Pupil Voice activities gather insights into pupils' experiences, engagement and emotional development. Completed assessment records are handed on to the next teacher to ensure continuity, identify pupils who may benefit from additional support, and maintain a consistent approach to progression.

Feedback from pupils, staff and parents is actively used to refine content and delivery, ensuring learning remains relevant, inclusive and effective for all pupils.

This policy and its associated practices are reviewed every 2-3 years, or sooner, if statutory guidance, school context or programme updates require amendments.



Integration with School Ethos and Wider Curriculum

myHappymind is embedded throughout school life, within lessons, assemblies, pastoral work, targeted interventions, resources for parents and carers, and classroom-based activities. Staff consistently model growth mindset, emotional regulation and positive social behaviours, ensuring pupils experience a coherent and supportive approach across all aspects of school life. Staff receive appropriate training to deliver myHappymind confidently and consistently, ensuring the programme forms a core part of the school's wider wellbeing and personal development culture.

Cross-curricular links are made where appropriate, enabling pupils to understand the connections between wellbeing, emotional regulation, healthy lifestyles and their wider learning in subjects such as science, PE, computing and citizenship. Learning is reinforced across the curriculum, making emotional literacy and wellbeing a consistent and meaningful part of pupils' daily experiences.

British Values are promoted through lessons, assemblies, pastoral provision and myHappymind activities, supporting pupils in applying respect, tolerance, fairness and responsible decision-making in real-life contexts.

Relationships Education statutory outcomes are supported through consistent language, shared expectations and whole-school approaches to behaviour, wellbeing and pastoral care.

The curriculum promotes equality, inclusion and compliance with the Equality Act 2010, ensuring all pupils can access, understand and participate fully in learning. Safeguarding principles, including online safety, healthy relationships, consent and emotional wellbeing, are embedded throughout the wider curriculum and school environment.



Inclusion, Equality and Safeguarding

All myHappymind and myHappymind Plus learning is fully inclusive and adapted to meet the needs of all pupils, including those with SEND, pupils who are visually impaired, pupils who are deaf and those with additional vulnerabilities. Teaching aligns with the Equality Act (2010) and the SEND Code of Practice, ensuring that reasonable adjustments are made so every pupil can access and participate in the learning.

Teaching promotes equality, respect and an appreciation of diversity, enabling pupils to understand and celebrate differences across cultures, identities, disabilities, family structures and beliefs. Content is delivered in a way that avoids stereotyping, stigma or bias, and reflects the school's duties under the Public Sector Equality Duty.

Safeguarding principles are embedded throughout the curriculum and school practice. This includes learning about online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations and emotional wellbeing.

Lessons are delivered in a safe, age-appropriate and trauma-informed manner, ensuring pupils feel supported, respected and able to seek help if needed. Staff are alert to safeguarding concerns that may arise during sessions, and know how to respond in line with school procedures, including sharing information with the Designated Safeguarding Lead when appropriate. Clear signposting ensures pupils know who they can talk to if they are worried or need support. Staff can refer to the myHappymind guidance on using the journals to ensure any potential safeguarding disclosures are not being missed.

Links to Other Policies

The myHappymind programme is most effective when it is integrated with other areas of school life. To provide a consistent, supportive and safe environment for all pupils, PSHE and myHappymind link closely with the following school policies:

- **Safeguarding and Child Protection Policy** - ensuring pupils feel safe, supported, and able to seek help when needed.
- **Behaviour Policy** - promoting positive behaviour and supporting pupils to practise self-regulation strategies.
- **Anti-Bullying Policy** - fostering respectful relationships and providing guidance for resolving conflicts constructively.
- **Equality, Diversity and Inclusion Policy** - ensuring all pupils feel valued, included, and respected.
- **Confidentiality Policy** - guiding staff on handling sensitive information responsibly and safely.
- **Health and Safety Policy** - supporting a safe learning environment for all members of the school community.
- **Online Safety Policy** - enabling pupils to make safe and responsible choices online.
- **Teaching and Learning Policy** - ensuring PSHE and myHappymind are embedded across the curriculum.
- **SEND Policy** - making PSHE and myHappymind accessible, inclusive and meaningful for all learners.
- **Wellbeing / Mental Health Policy** - aligning strategies to support pupils' emotional health and resilience across the school.

By linking PSHE and myHappymind with these policies, [School Name] provides a coherent approach to personal, social and emotional development, supporting pupils to feel confident, safe and able to thrive.

Additional Considerations (2025 RSHE Update)

The Department for Education's 2025 statutory guidance for Relationships, Sex and Health Education (RSHE) places greater emphasis on issues including:

- Violence against women and girls, pornography, misogyny and consent
- Online risks, including social media behaviour and personal data

Schools are responsible for determining when to introduce age-appropriate content, based on pupils' maturity and developmental readiness.

The myHappymind and myHappymind Plus programmes continue to align closely with the 2025 guidance, supporting inclusive, evidence-informed and age-appropriate learning in emotional literacy, wellbeing, relationships and personal development. While myHappymind Plus does not cover sex education or puberty, schools are responsible for sourcing and delivering this statutory content in line with national guidance.

The school will continue to review and update the PSHE curriculum as required, ensuring all learning remains current, relevant and aligned with statutory expectations. Full implementation of the 2025 RSHE guidance is needed by September 2026, providing ample time to make any minor updates to complement the existing myHappymind provision.





**If you have any questions, just get in touch with your
Customer Happiness Manager, or contact us at
hello@myhappymind.org or 01625 447547.**



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