



Tudor Grange Primary Academy

**Meon Vale**

Principal: Mr Tom Bradley

📍 Bailey Avenue  
Meon Vale  
Stratford-upon-Avon  
CV37 8QW

☎ 01789 721 060

✉ [office@meonvale.tgacademy.org.uk](mailto:office@meonvale.tgacademy.org.uk)

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Dear Parents/Carers,

We have introduced a programme to all year groups at school called **myHappyMind**.

This platform is based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered by class teachers through a series of interactive lessons and then the children apply their learning throughout the day.

To further embed this learning, myHappyMind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring myHappyMind Games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code.

Your authentication code is **147090**

Or simply scan this QR code to sign up



Once you have created your account, you will receive an email with the next steps on downloading the app.

We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum.

If you have any questions about myHappyMind, please contact your class teacher.

Kind regards

Miss Hodges (PSHE Lead)



myHappyMind.



Inspire, Enjoy, Achieve