

# **My Happy Mind Plus**

## **Intent**

At Bromesberrow St. Mary's Primary, we use **myHappymind Plus** as the foundation of our PSHE and Relationships Education curriculum. Our intent is to equip pupils with the knowledge, skills and understanding they need to develop positive mental health, emotional literacy, resilience, healthy relationships and a strong sense of personal responsibility. Through a carefully sequenced curriculum, pupils learn how to recognise and manage emotions, build positive relationships, keep themselves healthy and safe, and become responsible citizens who contribute positively to their communities.



## **Implementation**

myHappymind Plus is delivered through a whole-school approach from Early Years to Year 6. The programme combines the core myHappymind mental wellbeing curriculum with dedicated strands covering

**Health and Wellbeing (myHappyBody),**

**Relationships (myHappyRelationships)**

**and Living in the Wider World (myHappyWorld).**

Lessons are age-appropriate, progressive and fully aligned to PSHE requirements, including statutory Relationships Education, whilst also supporting wider personal development and wellbeing. Opportunities are provided for discussion, reflection, oracy and the application of learning in real-life contexts.

## **Impact**

As a result, pupils develop greater self-awareness, emotional regulation, confidence and resilience. They are better able to build healthy relationships, make informed choices, understand how to keep themselves safe and healthy, and demonstrate positive attitudes towards learning and life. Our pupils leave each year group with an increasing understanding of themselves and others, preparing them well for the next stage of their education and for life in modern Britain.

## **Meeting the September 2026 PSHE and RSE Guidance**

myHappymind Plus is mapped against the statutory Relationships, Sex and Health Education requirements and the PSHE Association Programme of Study, ensuring coverage of the areas expected within the revised curriculum framework from September 2026. The programme supports the teaching of mental wellbeing, physical health, healthy relationships, online safety, personal safety and preparation for life in the wider world through a structured and age-appropriate curriculum.