

MyHappymind and No Outsiders

At Mundella, we use MyHappymind and No Outsiders to deliver our PSHE curriculum.

These both focus on mental health and wellbeing with the goal of making sure that every child has the tools to thrive in the modern world. Mental health activity is often focused on supporting individuals when they face challenges. We believe that it is also important to support our children in building their resilience and self-esteem proactively, with prevention being at the heart of what we do.

MyHappymind ensures that our children understand the science behind how their brains work and that this will impact their self-esteem and resilience. Throughout the school year, children will complete weekly lessons and record their thoughts and feelings in their personal journals. Children will learn, right from pre-school, that the three parts of our brain need to work well together to ensure that we can be our best selves. When one part of our brain takes over, this causes a fight, flight or freeze response, and at Mundella, we teach children that when this happens, the best thing they can do is Happy Breathing – this is slow, calm breathing and is scientifically proven to help calm the mind.

The aim of no Outsiders is for children to realise that we are all different, and unique, but we are all accepted. We teach our No Outsiders lessons through a range of picture books, which ensure that all aspects of people in society are represented equally. We base our discussions on these books and ensure that our children are developing a culture of acceptance that although we are all different, there are no outsiders in our school. We all belong.

To ensure total coverage of the statutory relationships education curriculum we supplement both myHappymind and No Outsiders with units from the Twinkl PSHE scheme. RSE lessons are also taught using this scheme. Please see the long term plan and our RSE policy for details of the units covered in each year group.

Mrs J Stockley
Class Teacher/Mental Health Lead

