

Coleshill Church of England Primary
School

Impact Report



Impact Data

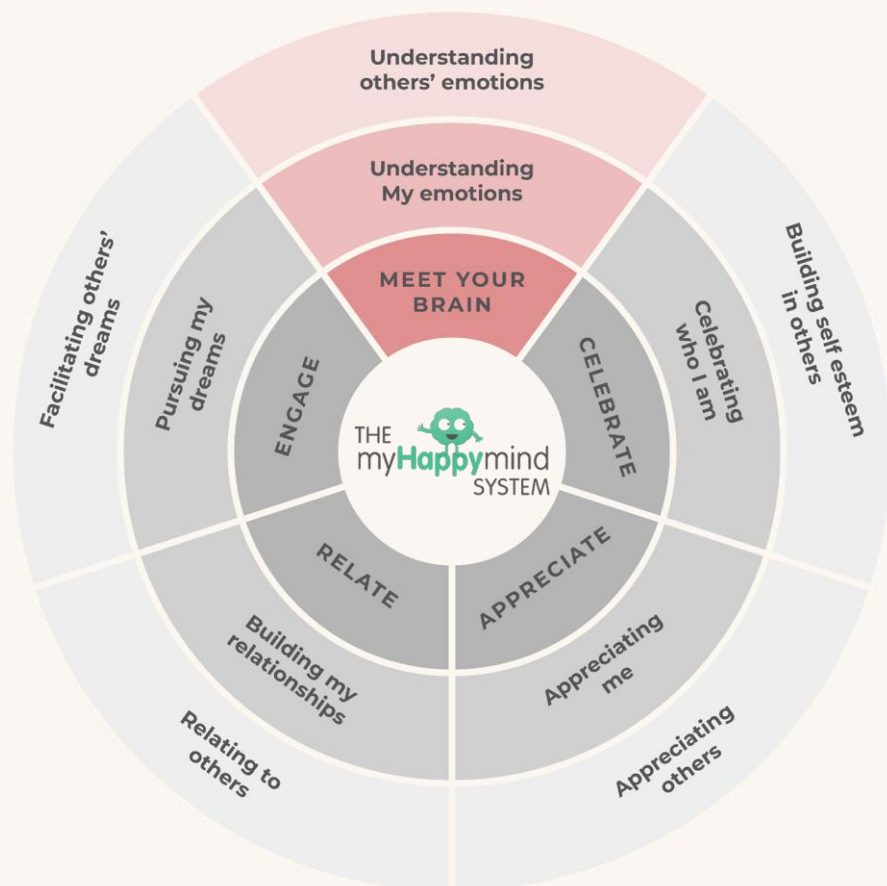
This report summarises the impact seen from myHappyMind across the academic year. It is structured around your baseline data and the myHappyMind system which is the content we teach in the programme.



Meet Your Brain - Developing self- regulation tools

In this module the children learn all about their brain and how it helps them to be their best selves.

They develop self-regulation strategies and a solid understanding of the Neuroscience of how we learn and grow. Understanding the brain is a key way to help children deepen their understanding of emotions and normalise the need to self-regulate - a key strategy in building confidence and self-esteem.



What teachers said before and after myHappymind



11%

Only 11% of teachers said more than half of their children were aware of the factors that contribute to their wellbeing.



100%

of teachers said this module has helped their class to understand their brain.



68%

of teachers said half or less of their children had a method to self-regulate during times of stress and worry.



90%

of teachers said Happy Breathing has benefitted their class.



100%

of teachers said they do not spend more than one formal lesson per week learning about children's emotional and mental health.



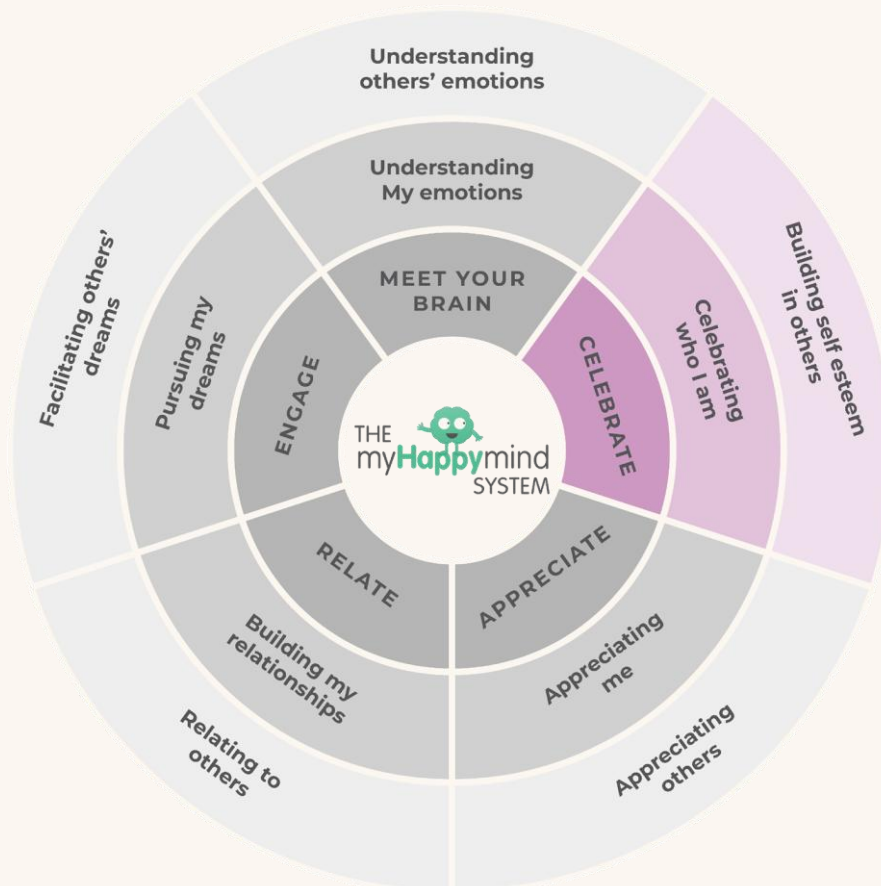
100%

of teachers are now having at least 1 conversation (formal or informal) about children's mental wellbeing each week.

Celebrate - Discovering and celebrating Character Strengths

In this module the children learn all about their unique Character Strengths and develop strategies to celebrate them.

Character Strengths are the number one way to build self-esteem and confidence in children and this module is all about developing the children's self-awareness and confidence.



What teachers said before and after myHappymind



11%

Only 11% of teachers said more than half of their children could talk about their Character Strengths.



83%

of teachers said their class are now able to talk about their Character Strengths.



100%

of teachers said their class struggled with their confidence.



67%

of teachers said they have seen the self-esteem and confidence of their children improve from using myHappymind so far.



32%

Only 32% of teachers said they notice or celebrate individual character strengths on a daily basis.



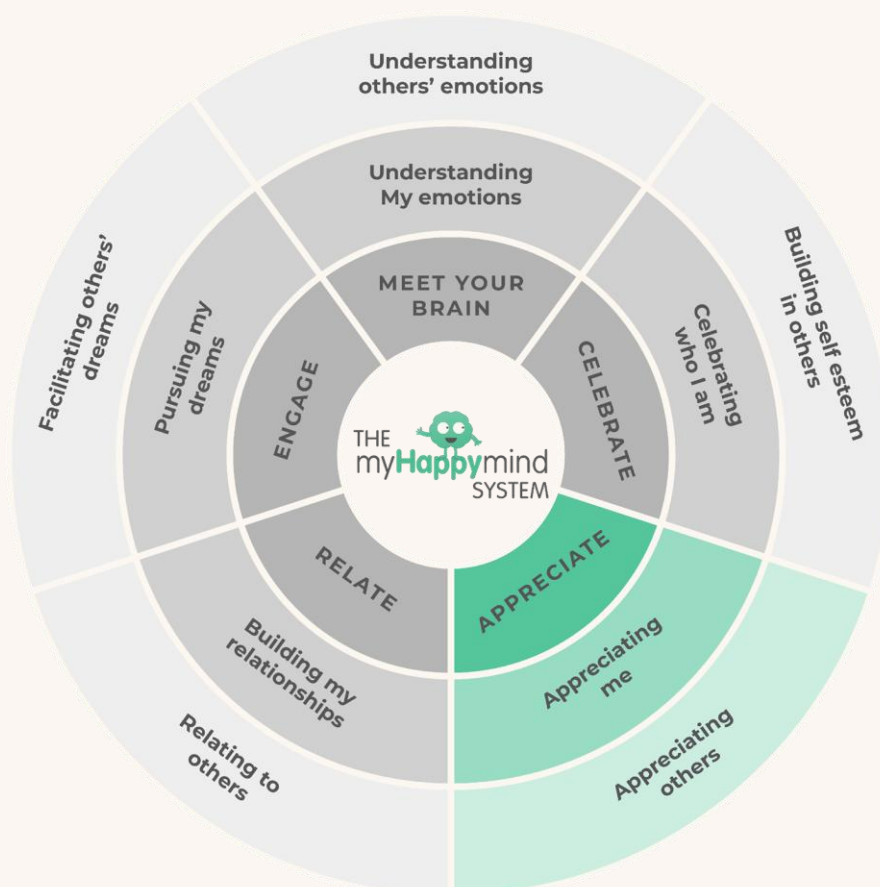
83%

of teachers said they are now using character-based praise through their regular teaching.

Appreciate - Developing an Attitude of Gratitude

In this module the focus is on helping children to develop an Attitude of Gratitude.

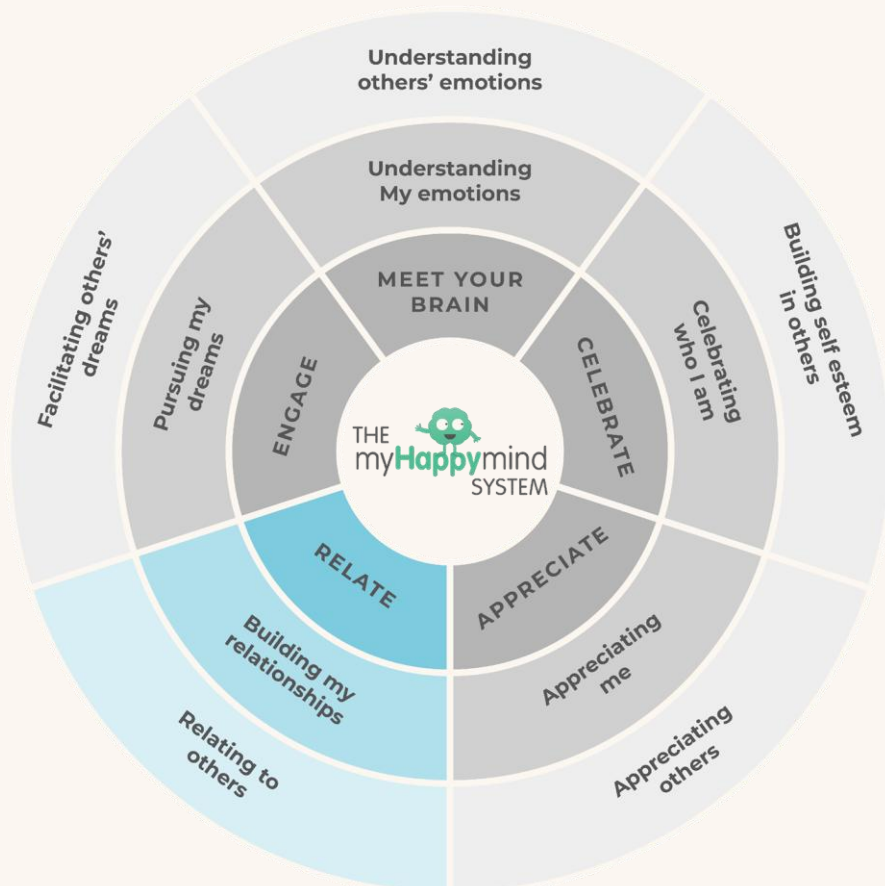
Gratitude is one of the simplest, yet most powerful, ways to boost wellbeing in the short term and to create a healthy brain in the long term. By getting children used to expressing Gratitude regularly we're getting that Dopamine flowing in the brain and supporting their overall happiness.



Relate - Developing healthy relationships

In this module the children focus on developing healthy relationship habits.

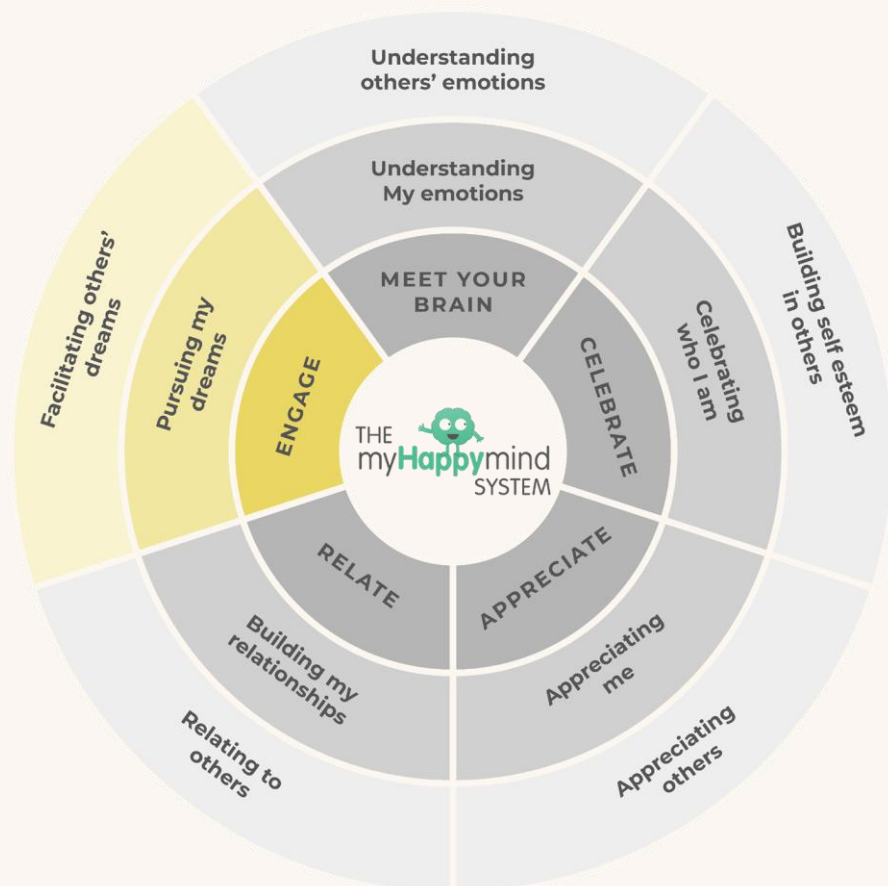
This includes understanding other perspectives, Active Listening and celebrating diversity of thought and character. Healthy relationships are a key building block in supporting overall wellbeing; they provide children with a support system and endless opportunities for positive interactions.



Engage - Building resilience and perseverance

**In this module we are
focussed on building
resilience and perseverance.**

We do this by helping children to set their own 'Big Dream Goals'; these are things that the children want to achieve because they are passionate about them, e.g. learning a new skill in sport or art. By setting children up with goals they are internally motivated to achieve, we give them their own evidence that they already have the skills to be resilient and to Persevere.



Feedback

"The class remember the jobs for each part of the brain. They relate to it in lessons and playtime situations."

"It's good to have the language to explain children's experiences and feelings."

"We talk about the different parts of the brain frequently. Flight, Fright, or Freeze comes up often, as does using Neuroplasticity."

"I have overheard children talking about their Character Strengths and when they used them."

"The Love and Kindness Character Strength has really inspired them."


"The children are grateful for relatives. This is nice to see."

"They are really good at identifying their own Character Strengths."


"Pupils are speaking confidently about their own Character Strengths and say 'well done' to each other regularly."


Thanks for your time


Thank you for taking the time to read this report. If you have any questions or would like to discuss it, don't hesitate to get in touch.


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