



**School Council Meeting**

**Thursday 27<sup>th</sup> March 2025**

**Present**

School Council Representatives from Years 1, 2, 5 and 6  
Mrs Hughes

**Minutes**

Welcome and register.

Introduced the focus of this session – My Happy Mind Pupil Voice session. Explained to the children that they will be sharing their ideas to support the programme in our school.

Discussion Points	Responses
<b>What do you enjoy most about the My Happy Mind sessions?</b>	Year 1: We love drawing in our journals and completing the quizzes. Year 2: The best bit of My Happy Mind is when we complete the quizzes altogether. Year 5: Some of the games we have played have been really fun. There was one where we had to remember the pattern going across the screen and if we got it wrong then we had to start it again. It was to help understand how our neural pathways are developed. The quizzes are good fun too.
<b>What have you been learning about?</b>	Year 1: We have been learning about our emotions and how to respect other people. Year 5: We have learnt about Team HAP which is our Hippocampus, Amygdala and Prefrontal Cortex Year 5: I have learnt different strategies to use to help me calm down in situations where I may feel tense, mad or angry. I have also been learning about my character strengths and what character strengths that I look for in my friends. Year 6: I have learnt how my brain works and all about Team HAP.
<b>What has been your favourite module and why?</b>	Year 1: Relate Year 1: Appreciate because I learnt about the importance of respecting people Year 2: Relate
<b>How does My Happy Mind support your well-being?</b>	Year 1: Happy Breathing helps to calm you down when you are mad or sad Year 5: It has helped me to understand the importance of respect for myself and for others. Year 5: Gratitude-it has made me reflect on how often I am thanking people and the domino effect that this can have on other people. Year 5: I consider the character strengths of myself and my friends now to see if we will be able to get along.
<b>Do you use any of the habits outside of the lessons?</b>	Year 1: I use Happy Breathing when I get mad at playtimes. It helps to calm me down. Year 5: I have used Happy Breathing in Judo. I didn't win the gold medal which made me really mad. But then I did some Happy Breathing which calmed me down and helped me to appreciate the silver medal I had won. Maybe I will get gold next time.

<b>Do you ever talk about My Happy Mind at home?</b>	Year 1: I have told my mum that I like My Happy Mind and how to do Happy Breathing. Year 5: I told my mum that I had learnt about dopamine, and she told me that she had been reading all about it on the My Happy Mind App on her phone. Year 6: I talked to my parents about HAP and the parts of my brain that help me when I am in the fight or flight mode.
--	--

### **Actions**

Representatives took a sheet back to their classes for all children to sign and then be displayed. The sheet was an agreement that the class agree to use the habit 'Happy Breathing' every day as a class.

Sheets passed on to the Year 3 and 4 classes, whose representatives weren't available, for completion.

Certificates presented to the School Council members for taking part in a My Happy Mind Pupil Voice session and for sharing their ideas to support the programme in our school.