SELBY HIGH SCHOOL

A Specialist School for the Arts and Science

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Dear Parent, Carer, Guardian, Student,

As a school we have done a lot of work around making sure that our students feel supported and know how to look after their mental health and wellbeing.

With this in mind, we are excited to launch myMindcoach at our school – your very own personal coach in your pocket. This can be downloaded as an app to a mobile device or iPad (or accessed online via a webpage). It is designed to help students feel calmer, stronger, and ready to take on life's challenges.

With myMindcoach, you can:

- ✅ Discover the science behind mental health and happiness
- ✅ Stay calm under pressure and manage stress with ease
- ✅ Boost your confidence and motivation when you need it most
- ✅ Learn quick, practical strategies to stay positive and focused

No matter where you are, or how much time you have – 2 minutes waiting for the bus, or 10 minutes before bed, myMindcoach fits right into your day.

For students to sign up and unlock the tools to take charge of their wellbeing, they simply need to access the following link:

https://mymindcoach.mykajabi.com/myMindcoach-sign-up

They will need to enter our school authentication code: **121702**

Kind regards,

Miss G. Smith
Senior Mental Health Lead