



1st October 2021

Dear Parents / Carers,

On Sunday 10th October, it is World Mental Health Day.

As a school, we would like to take part and raise awareness of mental health and well-being in young people through a fundraising event.

On Friday 8th October, we will be taking part in **#Hello Yellow** for Young Minds charity which supports child and adolescent mental health. We would like to invite the children to wear something yellow with their school uniform on this day, e.g. a yellow t-shirt, a yellow dress, a yellow hairband, yellow socks, or a token 'yellow' item with their school uniform and to donate £1 towards our fundraising effort.

It is important for us all to know that keeping mentally healthy is just as important as being physically healthy. We are wearing yellow to show young people they are not alone with their mental health. We all have our ups and downs and this past year many of us may have experienced more downs than we might normally. Small acts of kindness can make a difference: taking time to have a walk; talking to someone about our feelings and making time for our ourselves will all impact our wellbeing.

Yellow, as a colour, often represents sunshine and happiness. This year we will be reminding the children that staying healthy, fit and well includes looking after our own mental health.

We will ask the children how they look after themselves at school, e.g. sharing top tips for: what to do if they get stuck with their learning, cheering themselves up, looking after a friend, how they have helped another pupil or, how they have been helped by someone. We will also talk to the children about it being 'okay to not feel okay' as long as they talk to someone about this so that we can help them. We will be signposting the people who can support children if they are feeling unhappy, worried or nervous about anything at any time.

We hope the children enjoy turning the school yellow on Friday 8th October and that you as parents/carers support this very worthwhile cause.

More information about this day, can be found on:

<https://www.youngminds.org.uk/support-us/fundraising/helloyellow/>

Cont./...



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Further information and support about mental health for parents/carers is available on the Young Minds Website:

<http://youngminds.org.uk>

or by telephone: 0808-802-5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Thank you for your ongoing support,

Miss Rebekah Swinfield (Mental Health Lead)

Mrs Michelle Rondeau (Inclusion Leader, Assistant Headteacher)

Mrs Joanne Cloves (Emotional Literacy Support Assistant)