



Friday 6<sup>th</sup> October

Dear Parents/ Carers,

On Tuesday 10<sup>th</sup> October, it is World Mental Health Day.

The number of young people in need of mental health support is growing faster than ever – with nearly half a million young people being treated for mental health problems every month. Most young people aren't getting the help they need as our mental health support systems are overloaded.

That's why this year **#HelloYellow** continues to be such an important cause for us as a school. We need to make sure young people know that how they feel matters and they deserve to feel supported; we couldn't *not* get involved.

**As you will know, school photo day is taking place on Tuesday 10<sup>th</sup> October. To avoid any confusion regarding school uniform, we will be celebrating **#Hello Yellow** on Wednesday, 11<sup>th</sup> October to support our ongoing work on children's mental health and wellbeing.** We would like to invite the children to wear something yellow with their school uniform on **Wednesday, 11<sup>th</sup> October**, e.g. a yellow t-shirt, a yellow dress, a yellow hairband, yellow socks, or another token 'yellow' item with their school uniform and to donate £1 towards our fundraising effort.

We're confident that taking part in **#HelloYellow** will show our young people that they're not alone with their mental health. Together, we can create a brighter future for children and young people.

More information about this day, can be found on:

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

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

<http://youngminds.org.uk>

or through our school website and half termly newsletters.

Thank you for your ongoing support,

Miss Rebekah Swinfield (Mental Health Lead)



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