



30 September 2020

Dear Parents and Carers,

This year we will be participating in World Mental Health Day on 10th October by taking part in #HelloYellow on Friday 9th October. To show our support for World Mental Health Day, we would like to spread the joy by wearing yellow! We would like children to come to school wearing anything yellow they might have and bring a £1 donation to give to [Young Minds](#). This could be anything from a yellow bowtie, yellow socks, a scarf, hat, a yellow jumper or t-shirt. Wearing something yellow on Friday 9th October will help spread the word that, whatever we are going through we can talk to someone if we are struggling to cope.

We have all felt the effects of isolation over the past few months. This time has been especially hard for young people, their parents and the staff within our school. Young Minds is a charity that aims to make sure young people have the best possible mental health support and the resilience to overcome life's difficulties. The crisis in children and young people's mental health is real and urgent. More children and young people than ever before are reaching out for help with their mental health but currently this help is too hard to find. Young Minds is fighting to change this and together we can make a difference by supporting #HelloYellow.

This year's #HelloYellow theme is all about coming together. During the day, the children will participate in classroom activities discussing the importance of looking out for each other, being kind to one another and thinking of strategies to help with resilience. It is important our children and families know that whatever they are going through, they are not alone.

I look forward to seeing the yellow outfits on the 9th October! If you have any questions please get in touch.

Best Wishes,

Miss R Ellery
Assistant Headteacher