

5th October 2020

Dear Parents / Carers

World Mental Health Day



We would like to invite ALL children to join in the #HelloYellow campaign.

This week on Friday 9th October is National Mental Health Day. We will be working as a school to raise awareness of the importance of a healthy mind and wellbeing.

We are asking everyone to wear a yellow accessory (normal school uniform applies) so dig out your neon socks, custard scarf and banana hats – so we can show young people that they are not alone with their mental health!

#Hello Yellow is in support of YoungMinds for World Mental Health Day.

We know that you and the young people in your lives have been going through a difficult time, and it can be hard to feel positive. **YOU ARE NOT ALONE!** Together we can lookout for each other and feel hopeful about the future. By getting involved in #Hello Yellow, we will help raise awareness and understand that looking after our wellbeing has never been more important.

As a school we will be taking part in some well-being activities in school during the day to promote this with the children. There is no donation needed for this day.

Yours sincerely



Lindsey Corbett
Associate Principal