

Monday 23<sup>rd</sup> September

Dear Parents / Carers,

On Thursday, 10 October (World Mental Health Day), we will be joining thousands of schools across the UK in supporting **YoungMinds** by participating in **Hello Yellow** to raise awareness about mental health issues among young people.

To show our support, we will hold a **non-school uniform day** and ask everyone to wear something **yellow**.

There are days when all of us struggle with our feelings, and it can be tough to cope. Many young people don't get the help they need during these times; they might not know where to turn, who to talk to, or if anyone else feels the same way. No young person should feel alone with their mental health challenges, and together, we can make a difference.

To take part, children can simply **wear anything yellow** to school. Let's come together, raise awareness, and show our support for mental health.

Many thanks

Mrs Johnson