September 2026

Dear Parents and Carers,

Our school will be taking part in Hello Yellow on Friday 9th October to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health. Many young people are struggling with their mental health right now and that's why days like Hello Yellow matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need. And by raising funds for YoungMinds, we're making sure that they have access to support when it matters most.

We'll be taking part by inviting children to wear a yellow accessory to school, alongside their normal school uniform.

Throughout the week, children will be learning how, as a school, we promote good mental health and coping strategies for when times can be tricky. This is an opportunity for the children to share their thoughts and feelings with you or a trusted adult in school.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:

- Online resources (www.youngminds.org.uk/parent)
- A phoneline service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: 0808 802 5544 (Open 9.30am-4pm)
- An online chat and email service (www.youngminds.org.uk/parents helpline)

Yours Sincerely,

Miss Constable

PSHE Lead