



September 2025

Dear Parents and Carers,

Our school will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness for YoungMinds, the UK's leading charity for young people's mental health. No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our pupils that we're with them and they're never alone with their mental health.

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 phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/)

Yours Sincerely,

Miss Constable

PSHE Lead

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