



Dear Parents/Carers,

On Friday 10th October we will once again be holding a 'Hello Yellow' day to raise awareness of children and young people's mental health. The day is organised by the charity Young Minds who would like us to brighten up our school day and get us talking about mental health.

The school feel this is a very important subject and hope we can get children chatting about how they are feeling. Once again this year we are combining Hello Yellow with Feel Good Friday and concentrating on wellbeing and mental health. Hello Yellow's theme this year is Wear it Loud, Wear it Proud!!!

So, on 'Hello Yellow' day we would love all children to wear something yellow to school. This can be either head to toe yellow or something as simple as a yellow hat, scarf or even pair of socks!

On Friday 10th the children will take part in some activities to help them understand mental health a little better and to also promote self-positivity and wellbeing.

Thank you for your support.

Sabine Newberry, Sophie Hipkiss and the School Council

YOUNG Mi MDS

