



"Inspiring a love of lifelong learning"

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Monday 18th September 2023

Yellow Day

Dear Parents/ Carers,

World Mental Health Day is on **Tuesday 10th October**. As a school, we would like to join a campaign organised by the mental health charity YoungMinds. This campaign encourages everyone to wear yellow on World Mental Health Day in order to show their support for young people's mental health and to show young people that everyone has mental health and that they are not alone if ever they are dealing with overwhelming feelings.



We will be joining thousands of other schools, by asking pupils to wear yellow. To take part, children can wear yellow to school on **Tuesday 10th October**. We understand that these are difficult times, so the children have a choice to wear yellow or their own clothes, if they do not have something yellow at home. Please do not feel the need to purchase anything for this day.

We ask parents and carers to consider donating to YoungMinds on their website:

<https://www.youngminds.org.uk/support-us/donate/make-a-donation/>

You can also visit this website full of activities that focus on building positive mental health and well-being in children and young adults:

<https://www.youngminds.org.uk/professional/resources/building-positive-mental-health/>

Kind regards,

Nataliya Nikanova

(Year 2 teacher and PSHCE lead)