

Dear parents and carers,

As a whole school we will be joining thousands of schools across the UK to take part in Hello Yellow in support of YoungMinds on Thursday 10 October as part of World Mental Health Day. On the day we will be holding a non-school uniform day to raise money for YoungMinds, children are invited to wear something yellow for a donation of £1. **No football Kits please.**

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health. But together, we can change this.

This will be a fun and educational day where the children will have the opportunity to take part in Mental Health and wellbeing activities, to learn about and raise awareness of positive Mental Health.

If you have any questions, please let us know.

Kind regards,

Mrs Olley



Where a love of learning grows  
**Growing in knowledge**  
**Growing in faith**  
**Growing in God's love**  
Philippians 4:13 **"I can do all things through Christ who strengthens me"**



Dear parents and carers,

As a whole school we will be joining thousands of schools across the UK to take part in Hello Yellow in support of YoungMinds on Thursday 10 October as part of World Mental Health Day. On the day we will be holding a non-school uniform day to raise money for YoungMinds, children are invited to wear something yellow for a donation of £1. **No football Kits please.**

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health. But together, we can change this.

This will be a fun and educational day where the children will have the opportunity to take part in Mental Health and wellbeing activities, to learn about and raise awareness of positive Mental Health.

If you have any questions, please let us know.

Kind regards,

Mrs Olley



Where a love of learning grows  
**Growing in knowledge**  
**Growing in faith**  
**Growing in God's love**  
Philippians 4:13 **"I can do all things through Christ who strengthens me"**

