

Wednesday 4th October 2023

World Mental Health Day

Dear parents/carers,

On Tuesday 10th October we will be marking World Mental Health Day by taking part in the 'Hello Yellow' campaign, organised by mental health charity, Young Minds.

The number of young people in need of mental health support is growing faster than ever – with a record breaking 420,000 young people being treated for mental health problems every month. Most young people aren't getting the help they need, and this can't go on.

That's why this year #HelloYellow is more important than ever. We need to make sure young people know that how they feel matters and they deserve to feel supported.

We will be joining thousands of other schools by wearing yellow to show young people that how they feel matters. To take part, **children can wear yellow to school on Tuesday 10th October 2023**. This can be a yellow hair band, badge, socks, t-shirt, jumper etc. They can even come in fancy dress and dress as a minion or a banana if they wish!

Sign up for #HelloYellow

The colour yellow is meant to represent happiness and positivity. We aim to highlight the importance of acknowledging mental health and not hiding away from it, so young people do not feel like they are in it on their own.

To find out more information on the incredible work that Young Minds do, please click on the link below: <https://www.youngminds.org.uk/>

We look forward to seeing your child wearing yellow on this day.

Yours sincerely



Mr L Fellows
Headteacher