

October 2024

Dear Parent/Carer,

To recognise Young Minds, 'Hello Yellow' for World Mental Health day on Thursday 10th October, we will be inviting all students to wear something yellow (e.g. a yellow t-shirt/ shirt, hair accessory or socks) alongside their normal school uniform. **Please note, blazers, skirts/trousers are still compulsory.** Phone calls home will be made to parents/carers for students who haven't followed the guidance.

We look forward to seeing our students and staff wearing something yellow to show young people that we all have mental health and to encourage us to think about how we can look after our wellbeing in the same way we take care of our physical health.

In addition to our Hello Yellow event on Thursday 10th October we are fundraising for Young Minds who are a youth mental health charity offering support for both young people and the adults who look after them.

In addition to articles, blogs and advice, they provide a parent/carer support line, details of which can be found at <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/> Young people are also able to access support using the SHOUT text service, please see <https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/> for more information.

If you would like, and are able to make a donation to support the work of this charity please visit our parent pay site at <https://app.parentpay.com/ParentPayShop/Uniform/Default.aspx?shopid=781>

Across the week, students will celebrate World Mental Health Day through assemblies and tutor time activities focussed on being Mind-and-BrainAware with a specific emphasis on the importance of kindness to ourselves, and others for wellbeing. As part of our school praise system, we continue to recognise students who reflect 'Be Kind' as part of our 'Be Proud, Be Kind, Be Ready' ethos.

Thank you for your continued support,

The Leadership Group