



Friday 27th September 2024

Dear Parent/Carer,

World Mental Health Day 2024: Thursday 10th October 2024.

This year on Thursday 10th October, we will be joining thousands of schools across the UK in raising awareness on World Mental Health Day by taking part in Hello Yellow in support of the YoungMinds charity. In support of this charity, we will be holding a non-uniform day and asking our children to raise awareness by wearing something yellow.

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 do not always get the help they need, when they need it. They do not 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.

To take part, children can wear yellow to school, and we would like to ask parents and carers to consider donating £1 to help YoungMinds keep fighting for young people's mental health. All donations can be made online through Parentmail.

Because we stand brighter, together.

If you or anyone you know have ever been affected by any of these issues, YoungMinds has online resources for parents and carers to find help and advice, which can be found on their website: www.youngminds.org.uk/parent.

If you have any questions, please let us know.

Yours sincerely

Mrs K Farrar
PSHCE Lead