



Monday 29th September 2025

World Mental Health Day 2025: Friday 10th October 2025.

Dear Parent/Carer,

This year, we are proud to once again be joining thousands of schools across the UK in supporting **YoungMinds** by taking part in **Hello Yellow** on **Friday 10 October**, to mark **World Mental Health Day**.

To show our support, we will be holding a non-uniform day, and we are inviting all children to come to school wearing something **yellow**.

We all have days when we find things difficult, and that's just as true for young people. Sadly, many children and teenagers struggle with their mental health without knowing where to turn or who to talk to. No young person should feel alone, and together, we can help make a difference.

To take part, we are asking for a **£1 donation**, which will go directly to **YoungMinds**, helping them continue their vital work supporting young people's mental health. Donations can be made online via Parentmail.

Because we stand brighter, together.

YoungMinds also offers a range of helpful resources and advice for parents and carers who may be concerned about a child's mental health. You can find these at: www.youngminds.org.uk/parent

If you have any questions, please do not hesitate to get in touch.

Yours sincerely,

Mrs K Farrar
Class Teacher and PSHCE Lead