



Holy Family Catholic High School

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Dear Parents and Carers,

We are writing to let you now that Holy Family is taking part in #HelloYellow on October 10th for World Mental Health Day.

We can all struggle with how we are feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

That's why we have signed up to take part in #HelloYellow. By taking part and wearing yellow, we are showing young people that we are with them. We are showing them that they matter and deserve the support they need, when they need it, no matter what.

We'll be joining thousands of other schools by wearing yellow to stand out and show up for young people's mental health, and for a small donation to raise vital funds for YoungMinds.

To take part, students can wear a yellow item with their school uniform, and we ask students, parents and carers to consider making a small donation on the day to YoungMinds.

Together, we can create a brighter future for children and young people.

Further events on the day will be shared with yourselves and students in the coming weeks.

Kind Regards

Mrs Skillen

Pastoral Manager (POD)
Mental Health and Wellbeing Lead
Emotional Literacy Support Assistant (ELSA)



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