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26th September 2025

Hello Yellow – World Mental Health Day
Friday 10th October 2025

Dear Parents/Carers,

Our academy will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as an academy community to come together and show our pupils that we're with them and they're never alone with their mental health difficulties.

We'll be taking part by asking all pupils to wear yellow clothing on this day. You can also donate to support our academy's fundraising by making a £1 donation on Arbor.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- Online resources (www.youngminds.org.uk/parent/)
- A phone line, open 9.30am-4pm (0808 802 5544)
- An online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/)

Kind Regards,

Ms Holness

Wellbeing and Personal Development Lead

