



Friday 25th September '20

Dear Parents and Carers,

We all need a ray of sunshine right now, and with **#HelloYellow** day coming up on Friday 9 October, we can't wait to be a part of the thousands of schools up and down the country donning the colour yellow! By coming together, taking part in well-being activities and raising vital funds, we'll be showing young people everywhere that they are not alone when dealing with their mental health.

Covid '19 lockdown and restrictions on movement has inevitably had an effect on children and young people's mental health. It's been unbelievably hard, but together, we can make a difference and help our children and young people to feel that they are not alone.

More children and young people than ever before are seeking help with their mental health, but fewer than one in ten manage to get the support they need. More than one in ten children and young people, aged 5-16, suffer from a diagnosable mental health problem such as depression and anxiety. (That's around three children in every classroom).

This World Mental Health Day, **Friday 9th October 2020**, we are supporting Young Minds' **#HelloYellow** campaign to promote positive mental health and wellbeing. We believe it is important for children to understand mental health at their own level and learn strategies in order to manage their feelings in a positive way.

To help raise money for the **#HelloYellow** campaign we ask your child to come into school on **Friday 9th October** wearing their usual school uniform and to accessorise by wearing one yellow item to support the **#HelloYellow** campaign such as: a yellow T-shirt, jumper or cardigan, yellow bow in their hair, yellow socks, yellow face paint or any other yellow accessory. We ask for a voluntary donation of £1 to be made via ParentPay (please do not send in cash donations). If you would like to donate more than this amount, please adjust accordingly within ParentPay.

If you would like any more information, please visit:
www.youngminds.org.uk.

Yours sincerely,

Mr Lopes

PSHE Leader

