Learning is fun at

Park Hill Infants' School

All different, All equal, All achieving

Monday 28th Septeber 2026

Dear Parents and Carers,

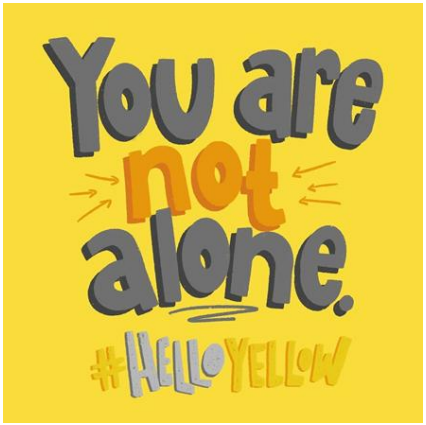
#HelloYellow Day

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. 1 in 10 children and young people, aged 5-16, suffer from a diagnosable mental health problem such as depression and anxiety. That's around 3 children in every classroom.

On **Friday 9th October,** 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 how they can manage their feelings in a positive way. We all struggle with how we're feeling sometimes and it's normal to have ups and downs.

To help raise awareness and to support the **#HelloYellow** campaign we ask your child to come into school on **Friday 9th October wearing their usual school uniform and to accessorize by wearing a yellow item.** This could be a yellow T-shirt, jumper or cardigan, a yellow bow in their hair, yellow socks, yellow face paint or any other yellow accessory. Please dig out your neon socks, custard scarf and banana hat - let's show all young people they're not alone with their mental health!

Saying **#HelloYellow** this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health. We ask for a voluntary donation of £1 for Young Minds to support them to raise vital finds. This can 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.



For more information, and for any support with your own mental health and that of others, please visit: www.youngminds.org.uk.

Yours sincerely,

Miss Jones
PSHE Leader

Miss Hulet
Inclusion Leader