

Dear Parents and Carers,

Hello Yellow Day

We are pleased to be taking part in Hello Yellow Day on Friday 9th October to support the charity YoungMinds, again this year. Hello Yellow is all about spreading some sunshine, starting conversations about Mental Health and reminding our children that it is okay not to be okay.

Wear Something Yellow

Children are invited to wear something yellow to school on this day - this could be any yellow item of clothing or accessory that they would like to wear.

In School

During the day and following week, we will be talking about kindness, belonging, looking after ourselves and looking out for each other. As part of our activities, we will be naming our 'Elephant in the Room' and introducing it as part of our SEMH provision to support conversations and understanding about our mental health and wellbeing.

There is no expectation for families to donate but if you would like to support the charity, you can find their donation page here:

<https://www.youngminds.org.uk/support-us/donate/>

We look forward to seeing a little bit of sunshine in school next Friday.

With thanks for your support

Lyndsey Cahill

PSHE and Social, Emotional and Mental Health Lead

