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October 2022

**Non-School Uniform Day 10/10**

Dear Parents/Carers,

Monday 10<sup>th</sup> October is World Mental Health Day. We will be raising awareness by saying 'Hello Yellow!' on this day for the mental health charity, Young Minds.



Pupils and staff are asked to wear as much yellow as they can. The aim of the campaign is to show young people that they are not alone with their mental health and to raise vital funds for Young Minds. If you wish to take part, please send your child to school on the 10<sup>th</sup> October with their best yellow clothes and a £1 donation for Young Minds.

I would like to take this opportunity to signpost you to the Young Minds website: <https://youngminds.org.uk/>. The website contains many fantastic resources that parents can use to support their child's mental health. They also offer a helpline to parents and carers worried about their child or young person under 25. This number can be called free on 0808 802 5544 from Mon-Fri, 9:30am - 4pm.

Yours faithfully,

Mrs Woolnough  
Health, Wellbeing and Equalities Leader



Artsmark  
Platinum Award  
Awarded by Arts  
Council England

