Dear Parents and Carers,

On Thursday 10th October it is World Mental Health Day. We have decided that we will celebrate World Mental Health Day as a school on Friday 11th October. This is to raise awareness of the importance of mental health and wellbeing for young people. We will be saying **#helloyellow** and children are invited to wear yellow clothes to school for the day. If your child does not have yellow clothing they can just wear something bright! No donation is required however please follow this link to donate to 'Young Minds' if you would like to show your support.

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

Throughout the day, children will learn about the importance of Mental Health and will take part in a wellbeing afternoon, looking at ways we can care for our mental health and who we can talk to about it.

Thank you for your continued support,

Miss Rivers and Miss Meredith
Personal Development Team