



Madresfield C.E. Primary School

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1st October 2024

Dear Parents/Carers

Hello Yellow Day – 10th October 2024

This year, as a school, we will be joining with thousands of schools across the UK and taking part in Hello Yellow Day in support of mental health charity, YoungMinds. Hello Yellow Day will take place on Thursday 10th October (World Mental Health Day). On this day we ask that children attend school in non school uniform and wear something yellow (it doesn't matter how small).

There are days when all of us struggle with how we're feeling, things can be tough and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to or even if anyone else feels the same. No young person should feel alone with their mental health but together we can change this.

To take part students can wear yellow to school and we ask parents and carers to donate to help YoungMinds keep fighting for young people's mental health. On this day there will also be a number of challenges surrounding positive mental health habits within school which we encourage you to discuss at home, too. Our suggested donation for this day is £1 but we welcome anything you can part with!

Finally young minds have some free resources for parents and carers. To find help and advice, if you are ever concerned about a child or a young person, please take a look at their website: www.youngminds.org.uk/parent.

We thank you for your continued support.

Kind Regards,

Mrs Tumelty-Williams
Senior Mental Health Lead



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