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Monday 25th September, 2023

Dear Parents and Carers,

The mental health and emotional well-being of our pupils has never been more important; for this reason, we will be marking World Mental Health Day by taking part in the 'Hello Yellow' campaign which supports the mental health charity, Young Minds.

Tuesday 10th October will be a non-uniform day. Pupils and staff will be wearing something YELLOW *E.g. a T-shirt, hairband, or socks.* This is to show young people that it is important for everybody to look after their mental health and that we, as a school, can support them to look after their emotional wellbeing whilst being caring and raising funds in support of this admirable charity. Children will also participate in class discussions and activities about how to stay emotionally healthy on the day.

I would like to take this opportunity to signpost you to the Young Minds website:

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

We would be grateful if each child who chooses to come to school in something yellow sends in a donation of 50p on the day to support the charity #HelloYellow. However, 50p is just a guide, please give as much or as little as you wish.

As well as supporting Young Minds, on **Friday 20th October, 2023, teachers** will be wearing something pink. 1st October – 31st October 2023 is Breast Cancer Awareness month which is an annual event that aims to spread awareness, raise money and support for people affected by breast cancer. In support of the charity *Breast Cancer Now*, staff will make donations to raise money in the hope that life-changing research can continue to happen and support people affected across the UK.



Thank you for your continuing support.

Miss Cespedes

KS1 & PSHE/RE Lead.





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2022 - 2023

