

Message for parents



Dear Parents and Carers,

Our school will be taking part in **Hello Yellow** on **Friday 10th October** (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why **Hello Yellow** matters. We're taking this opportunity as a school community to come together and show our students that we're with them and they're never alone with their mental health.

We'll be taking part by asking children to come to school in Mufti – wear something yellow or wear your brightest colours – clothing, accessories etc. Let's look really colourful for a day !

You can also donate to support our school's fundraising by donating £1 on MCAS in the Store.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:

- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health
(www.youngminds.org.uk/parents-helpline/)

#HelloYellow

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YoungMinds, registered Charity in England (1016068) and Scotland (SC039700)