

Dear parents and carers,

Our school will be taking part in Hello Yellow on Friday 9th October to raise awareness for YoungMinds, the UK's leading charity for young people's mental health.

Many young people are struggling with their mental health right now and that's why days like Hello Yellow matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need.

We'll be taking part by inviting the children to wear something yellow on Friday 9th October. The children will also take part in activities during the day, providing them with tools to support their mental wellbeing.

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

This includes:

- Online resources (www.youngminds.org.uk/parent)
- A phonenumber service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: 0808 802 5544 (Open 9.30am-4pm)
- As well as an online chat and email service (www.youngminds.org.uk/parents-helpline)

Thank you for your continued support.

Mrs Johnson