

Dear Parent/Carer,

**Make it your time to shine on World Mental Health Day!
#HelloYellow**

This World Mental Health Day, Thursday 10th October, we're saying #HelloYellow in our school to show young people they are not alone with their mental health journey. Students are being asked to wear one item of yellow clothing or a yellow accessory along with their normal school uniform. We would really appreciate your support in ensuring that any yellow items of clothing or accessories are appropriate for school. Examples of acceptable yellow items might be:

- Hair band/hair accessory
- Socks
- T-shirt
- Jumper
- Cap
- Tie
- Yellow piece of ribbon

Students wearing an item of yellow will be asked to make a donation to the charity Young Minds, the UK's leading charity fighting for children and young people's mental health support, which will be collected in VMG time on Thursday.

If you would like more information about the support available for your child's mental health, please visit the section on our website entitled Mental Wellbeing. This section has links to other charities, agencies and resources and contact details for members of the Deep Support team.

We look forward to raising awareness of positive mental wellbeing and taking part in this event as a whole school on Thursday.

Yours faithfully,

Georgia Hall
Assistant Principal
Deep Support

