

4th October 2022

Dear Parents/Carers,

**World Mental Health Week
10th – 14th October 2022**

For World Mental Health Week, we have organised a range of activities that will give our pupils and staff the opportunity to talk about mental health and well-being.

More young people than ever before need support for their mental health and accessing that support quickly, can make a critical difference to those young people. We need young people to know that whatever they are going through, they deserve help, they matter, and that we support them.

On **Monday 10th October** we will be holding a non-uniform day. We would like pupils to make a small donation to support the Young Minds Charity campaign #HelloYellow; we suggest £1. As the campaign title suggests, we would like to encourage pupils to wear something yellow to show their support for this worthy cause. The vision for this charity is to live in a world where no young person feels alone with their mental health.

Follow this ParentPay link to donate without logging in:

<https://app.parentpay.com/ParentPayShop/Uniform/Default.aspx?shopid=7749>

Alternatively, you can donate by logging into your ParentPay or your child can bring a cash donation on Monday.

More information can be found at <http://www.youngminds.org.uk/>

If you have any questions in relation to World Mental Health week, please don't hesitate to get in touch.

Yours faithfully,



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