



St James' CofE Primary School

"Committed to Excellence"

1.10.2020

#HelloYellow Day

Dear Parents / carers,

On Thursday 8th October, as part of World Mental Health Day and as part of our continued work surrounding young people's mental health, wellbeing and promoting children's rights, we will be hosting a **#HelloYellow** event on behalf of the **YoungMinds** charity. We have all felt and seen the effects of isolation over the past few months. This time has been especially hard for young people and parents. The work to help children and young people with their mental health is needed now more than ever. This year's **#HelloYellow** theme is all about coming together

#HelloYellow aims to raise awareness of young people's mental health and more importantly, aims to demonstrate to all young people with mental health issues that they are not alone.

As part of our participation on Thursday 10th October, we are holding a non-uniform day and encouraging all pupils and staff to wear their favourite item of yellow clothing or their favourite yellow costume.

If your child would like to take part, and you are able, we are suggesting a £1 donation for participating in order to raise money for the **YoungMinds** charity and the important work that they do.

Here are just a few benefits from our school getting involved:

Encourage togetherness - We know how hard it can be to feel isolated and alone, now more than ever. coming together with the shared purpose of showing people we care can really help boost morale.

Boost wellbeing - it's a proven fact that giving to charity gives you the feel-good factor. By creating the time, space and encouragement to do this collaboratively and creatively, you can help to bolster the wellbeing of the whole school.

Increase awareness - by taking part in **#HelloYellow**, our work will help the children and their families to look after their mental health.

To find out more about the charity's work, please visit their website; [YoungMinds.org.uk](https://www.YoungMinds.org.uk)

Thank you for your continued support.

Yours faithfully,

Mrs S. Thomson
PHSCE coordinator.

