

Monday 28th September 2026

Dear Parents and Carers,

We are excited to be celebrating **World Mental Health Day** in school on **Friday 9th October!**

This year, we will be joining the **Hello Yellow campaign**, run by **YoungMinds**, to help raise awareness of children and young people's mental health and show that **mental health matters**.

To help us celebrate, we would love all children to **wear something yellow** to school on Friday. This could be a yellow T-shirt, jumper, socks, hair accessory or anything else they would like to wear.

If your child doesn't have anything yellow to wear, they can **bring a small yellow item** into school instead. It could be a toy, pencil, book or another special yellow object.

We will also be **raising money for YoungMinds**, helping to support their work with children and young people and their mental health. If you would like to make a donation, you can scan the QR code below to take you to the Burnt Tree fundraising page. We would be very grateful for any donations for the charity. **There is absolutely no pressure to donate** and there is no need to buy anything new for the day.



Throughout the day, we will be talking about the importance of looking after our mental health, sharing our feelings, being kind to ourselves and others, and knowing that it is okay to ask for help when we need it. **Let's fill our school with yellow and spread a little sunshine!**

Thank you for your support in helping us make this a happy, positive and meaningful day for everyone.

With best wishes,
Mrs Bryant and Miss Gamwell

Mental Health Leaders