



[www.emmausfederation.co.uk](http://www.emmausfederation.co.uk)

6<sup>th</sup> October 2020

Dear Parents and Carers,

The charity YoungMinds is calling on schools across the country to take part in #HelloYellow on World Mental Health Day (9th October) to show young people they're not alone with their mental health.

As part of the day, thousands of children and young people will wear something yellow to spread the word that, whatever you're going through, you can talk to someone if you're struggling to cope.

YoungMinds is also hoping to inspire more than 10,000 mental health messages on the day, which will take the form of drawings, advice or inspirational quotes, and to raise thousands of pounds to support its work.

To raise awareness and provide further emotional, social and behavioral learning opportunities, we will also be taking part in #HelloYellow. Children are asked to come to school wearing an item of **yellow clothing**. This could be a pair of yellow socks, a yellow ribbon, a yellow badge or a yellow t-shirt. It is a **non-uniform day**, but we are not asking for donations (unless, of course, you want to do so). The children will undertake age-appropriate personal, social and health education lessons (PSHE) based on mental health led by our PSHE coordinators, Miss Grooby and Miss Lambe.

Yours sincerely,

Mrs Collett  
Executive Headteacher  
Sutterton Fourfields CE Primary School  
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