



Monday 29th September 2025

Dear Parents / Carers,

RE: World Mental Health Day

As part of World Mental Health Day on Friday 10th October, we will be brightening up the country by wearing yellow and fundraising for Young Minds to show young people they're not alone.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

On Friday 10th October, as well as wearing yellow, we will be participating in fun activities while thinking about how we can show each other that we are not alone.

We are asking all children to make a voluntary donation of £1 which will go towards Young Minds.

Many thanks,

Miss King

Assistant Head Teacher