

**World Mental Health Day – #HelloYellow
Friday 9th October**



Dear Parents and Carers,

We are pleased to let you know that Barcroft Academy will be taking part in Hello Yellow on Friday 9th October to mark World Mental Health Day.

Hello Yellow is an opportunity to help raise awareness of children and young people's mental health and wellbeing. It encourages us to talk openly about how we are feeling, to look out for one another and to remind children that it is okay to ask for help and support.

To help us celebrate the day, we would like children to:

- ♥ Wear a yellow item with their school uniform on Friday 9th October. This could be a yellow T-shirt, jumper, socks, hair accessory or any other yellow item they already have at home.
- ♥ Make a donation of up to £1, if you are able to, to support the work of YoungMinds and their work supporting children and young people with their mental health.

There is no obligation to donate, and we would not want any family to feel under pressure to do so. The most important part of the day is helping our children understand that talking about our feelings and looking after our mental health is important.

We will be talking with the children in school about kindness, wellbeing, emotions and the importance of speaking to a trusted adult when they need support.

Thank you, as always, for your continued support.

Together we can make a difference. ♥

Kind regards,

Mrs Edwards