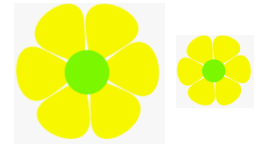
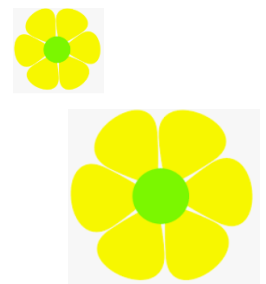
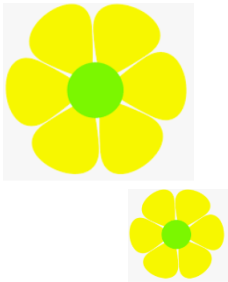


Dear Parents and Carers,

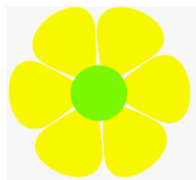


As part of our ongoing awareness of Mental Health in school, we are supporting **World Mental Health Day on Friday 9th October.**

The theme this year is #HelloYellow for the charity Young Minds. Please send your child/children wearing something yellow with their uniform on Friday. If you would like to make a donation could you please do so at <https://www.justgiving.com/youngminds>



The day will begin with mindfulness activities and a presentation in the classroom explaining why we are supporting YoungMinds. Children will be encouraged to take part in the three-step #HelloYellow Challenge during the day.



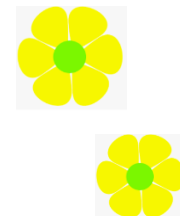
The three step #HelloYellow Challenge:

1 Say something kind to a teacher

2 Wave and smile at a friend

3 Tell a joke to try and make someone laugh!

Tick the box once completed!



Children will also be having fun with the #Hello Yellow photo booth accessories. Thank you for your support.

Kind regards

Mrs Palmer

