



Principal: Mr. N. Glover

Monday 5th October 2026

Hello Yellow - World Mental Health Day

Dear Parent/Carer,

As part of **World Mental Health Day**, we will be taking part in **Hello Yellow** to help raise awareness of the importance of looking after our mental health and wellbeing.

On **Friday 9th October**, we invite children to **wear something yellow alongside their usual school uniform**. This could be something simple such as:

- Yellow socks
- A yellow hair bobble or hairband
- A yellow accessory
- A yellow jumper or cardigan worn over their uniform

There is **no need to buy anything new** – we encourage children to use something they already have at home.

During the week, children will also take part in an age-appropriate classroom activity focused on mental health and emotional wellbeing. These activities will provide opportunities for children to talk about their feelings, explore ways of looking after their wellbeing and recognise the importance of supporting themselves and others.

We hope that taking part in Hello Yellow will help our children understand that mental health is just as important as physical health and that it is always okay to talk about how we are feeling.

Thank you for your continued support.

Yours Sincerely

Mr N Glover
Principal

If you require this letter in another format, please contact the school office.