

King Edwin Primary School

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Tuesday 24th September 2024

Dear Parents/Carers,

On **Thursday 10th October 2024**, it is World Mental Health Day. We are inviting **all children to wear something yellow** for #Helloyellowday. This could be a yellow T-shirt, dress, headband or socks. You can be funky and bold or just wear a touch of yellow! We are wearing yellow to show young people they are not alone when it comes to mental health.



Yellow as a colour often represents sunshine and happiness.

This year, we will be reminding children that staying healthy, fit and well also includes looking after our mental health. We will be asking the children how they can look after themselves at school e.g. sharing top tips for: what to do if they find their learning challenging, cheering themselves up or looking after a friend, how they have helped someone or how someone has helped them.

We will also speak about how it is 'ok to not feel ok' as long as they speak to someone about this so that others can help. We will be signposting the people who can support children if they are feeling unhappy, nervous or worried about anything during the school day.

Further information and support about mental health for parents/carers is available on the Young Minds website <https://www.youngminds.org.uk/>. There is also a helpline for parents 0808 802 5544, available Monday - Friday 9:30am - 4:00pm.

We look forward to seeing all our KingEdWinner's making our school shine brightly on Thursday 10th October!

Miss Farrow & Miss Turner (PSHE leads)