

King Edwin Primary School

Head Teacher Mr. Callaghan-Wetton

Fourth Avenue, Edwinstowe, Notts, NG21 9NS

Tel: (01623) 822111 Fax: (01623) 825707

E Mail: office@kingedwin.notts.sch.uk

Website: www.kingedwin.notts.sch.uk



Tuesday 30th September 2025

Dear Parents/Carers,

On **Friday 10th October 2025**, 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. The funkier and bolder the better! 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 how they can look after their 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 everyone dressed up!

Mrs Roy-Garfield & Miss Turner (PSHE leads)



**Wear it loud.
Wear it proud.**

