



www.suttertonswinesheadfederation.co.uk

4th October 2018

Dear Parent/s and Carer/s,

The charity YoungMinds is calling on schools across the country to take part in #HelloYellow on World Mental Health Day (10th October) to show young people they're not alone with their mental health.

As part of the day, thousands of children and young people will wear something yellow to spread the word that, whatever you're going through, you can talk to someone if you're struggling to cope.

YoungMinds is also hoping to inspire more than 10,000 mental health messages on the day, which will take the form of drawings, advice or inspirational quotes, and to raise thousands of pounds to support its work.

To raise awareness and provide further emotional, social and behavioral learning opportunities, we will also be taking part in #HelloYellow. Children are asked to come to school wearing an item of yellow clothing. This could be a pair of yellow socks, a yellow ribbon, a yellow badge or a yellow t-shirt. It is not a non-uniform day, but for the children to show solidarity and raise awareness. The children will also undertake age-appropriate personal, social and health education lessons based on mental health.

The School Council also want to do their part and have decided to sell Haribo sweets at breaktime. A pack of Haribo sweets will cost 15p and all money raised will be split between the charity and the School Council's budget. We realise that sweets are not really a healthy choice, but they wanted to select something that made them smile!

Yours sincerely,

Mrs Collett
Executive Headteacher

Swineshead St Mary's Church of England Primary School, Abbey Road, Swineshead, Boston, Lincs,
PE20 3EN Tel: 01205 820356

Sutterton Fourfields Church of England Primary School Park Avenue, Sutterton, Boston, Lincs,
PE20 2JN Tel: 01205 460547



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