



John Ferneley College

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15th September 2021

Dear Parents/Guardians,

I am writing to make you aware that John Ferneley College will be supporting the [#HelloYellow World Mental Health Day](#) with Young Minds charity on **Friday 8th October 2021**.

Staff and students **are invited to wear an item of yellow** to help spread awareness with their peers and colleagues, that whatever you are going through, you can talk to someone if you are struggling to cope. Please note that this will be an awareness day, not a charity event. We encourage as many students and staff as possible to show their support and help spread awareness together.

Students may come into school on **Friday 8th October** wearing something yellow alongside their usual school uniform (*for example: yellow socks, yellow hair tie/bows/headband, yellow badge, yellow wrist band, yellow jumper – please note this jumper must be worn underneath their school blazer*). To note, this is not a non-school uniform day.

As a school we are committed to ensuring all students have access to day-to-day pastoral support, mental health first aiders, as well as further resources to help support with their mental health and wellbeing. We continue to keep discussions flowing and wellbeing at the forefront, during tutor time, assemblies and in their Personal Development lessons.

Please take the time to have a look at www.youngminds.org.uk website. It is a fantastic resource for students and adults who seek further support and strategies for supporting their personal mental health and wellbeing.

Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health. Because a little yellow goes a long way.

If you have any queries about the above, please do not hesitate to get in touch via email below.

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