

**Head of School:**

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5th October 2022

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 **Monday 10th October 2022**.

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 **Monday 10th 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. On Monday 10th October, students will experience “Do Now” tasks associated with wellbeing within all their lessons. Our newly launched Wellbeing Room has been used to triage and help students this term and will continue to offer on-going support for students who need it.

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 questions, please do not hesitate to contact me on the email address below.

Yours sincerely,

Mrs Strickland
Whole School Personal Development Lead (SLT)
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