



Executive Headteacher:

Mrs C. Stansfield
BA, MA, PGCE, NPQH

Dear Parents/Carers,

I am writing to make you aware we will be supporting the **#HelloYellow World Mental Health Day** this year on **Tuesday 10th October**. Staff and students will be invited to wear an item of yellow clothing to help spread the word that whatever you're going through, you can talk to someone if you are struggling to cope. This will be an awareness day not a charity event. Students may come into school on Tuesday 10th October wearing something yellow alongside their usual uniform (socks, jumper, badge etc.) There is no pressure for all students to take part, but all are welcome to show their support should they wish to.

We continue to include elements of wellbeing and tools to help students feel mentally well in all our Personal Development lessons Y7-Y11. On and around World Mental Health Day, PD lessons will include valuable wellbeing techniques and usable strategies. As a school, we are committed to ensuring all students have access to information and support. Our students continue to have access to our wellbeing and inclusion room. Following on from its launch last year, we continue to triage and help students and we have expanded our network of external providers to support our students.

Please take time to have a look at www.youngminds.org.uk. It is a fantastic resource for students and adults and focuses on how and when to access help should it be needed.

Please let me know if you have any queries regarding the above!

Kind regards,

Lizzie Strickland

Assistant Head – Personal Development and Futures

