

Tuesday 4th October 2022

Dear Parents/Carers,

#HelloYellow - World Mental Health Day - Monday 10th October 2022

We are writing to let you know that The Beacon is taking part in #HelloYellow on Monday 10th October 2022 this World Mental Health Day.



The number of young people in need of mental health support is growing faster than ever – with a record-breaking 420,000 young people being treated for mental health problems every month. Sadly, most young people aren't getting the help they need.

We'll be joining thousands of other schools by wearing yellow to show young people that how they feel matters, as well as raising money for YoungMinds. To take part, pupils are invited to wear yellow to school on Monday 10th October, and we ask parents and carers to consider donating £1 to YoungMinds. Donations will be collected in class on the day.

We are mindful of the current climate and want to reassure parents that there is no expectation to donate and we'd love all the pupils to wear something yellow, if possible, whether or not a donation has been made. Please don't feel like you need to go out and buy something special for your child or young person to wear. We will have #HelloYellow stickers to give out on the day too.

If you're unable to donate, perhaps you could consider making a gesture in the spirit of the day, such as doing a good deed for a neighbour or chatting to a homeless person.

We're confident that taking part in #HelloYellow will show our young people that they're not alone with their mental health. Together, we can create a brighter future for children and young people.

Who are YoungMinds?

YoungMinds is the UK's leading charity committed to improving the wellbeing and mental health of children and young people. They have a wealth of helpful information available on their website and, as a school, we often make use of their resources. They also have trained advisers who can give help and advice if you have questions about a child's behaviour, wellbeing or mental health condition. Visit <https://www.youngminds.org.uk/> to learn more.

Thank you for your continued support.

Yours sincerely,

Ellie Garrett
Mental Health Lead