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World Mental Health Day – Thursday 10th October 2024.

Dear Parents and Guardians,

On Thursday, October 10th, we will be marking World Mental Health Day with a special event here at school. As part of our commitment to raising awareness and promoting positive mental health, we are excited to take part in Young Minds' "Hello Yellow" Day as we do every year. This day is all about spreading hope and showing solidarity for young people's mental health, and we encourage all children to get involved!

To celebrate "Hello Yellow" Day, we invite children to come to school wearing a little - or a lot of yellow! Whether it's a yellow accessory like a hairband or scarf, or a full yellow outfit! It's a fun and simple way to show support for mental health awareness.

On this day, we will take a break from our regular lessons and spend time focusing on mental health and well-being in our classes. The children will participate in various activities designed to encourage open discussions about mental health, self-care, and ways to support one another.

In the afternoon, we will hold a special whole-school "Tea and Talk" session, where each class will sit together to share cakes and have conversations focused on mental health. To make this extra special, we would like to invite children **to bake a cake at home** and bring it to school for a friendly Best Cake Competition. After the judging, the cakes will be shared among the class, whilst encouraging meaningful discussions using mental health-themed conversation cards placed on the tables.

To ensure the safety and well-being of all our pupils, *please follow these guidelines if your child is bringing in a cake:*

- **No nuts:** As we are a nut-free school, no cakes containing nuts will be permitted.
- Please send in a list of all ingredients used in your cake, so that we can manage any allergies within the school. We will be unable to let anyone eat the cakes without the list of ingredients. We want to ensure everyone can safely enjoy the day.

We hope that this will be a valuable and enjoyable day for all the children, raising awareness about the importance of mental health while fostering open conversations in a fun and supportive environment.

Thank you for your support, and we look forward to seeing everyone in their yellow outfits on October 10th!

Warm regards,

Miss Pemberton

