



Smithdon High School
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Ref: SRO/NW

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Dear Parents

Re: World Mental Health Day – Friday 8 October 2021

As you may be aware Friday 8 October is World Mental Health day. We will be marking this important day in school with the “Hello Yellow” event run by the charity YoungMinds.

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up. But it's the little things that have got us through it - the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL, the teacher who has your back.

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. YoungMinds

We are therefore asking students to wear something small and YELLOW on this day, such as a scarf, a badge or a hairband to show their support. Students must wear their school uniform as normal.

You will also be able to make a small donation of £2.00 (minimum) to this excellent charity by logging into your ParentPay account, selecting 'Pay for other items' for the child you are donating on behalf of and clicking on 'View' for the Hello Yellow payment item.

On the lead up to this day we will be talking to our students about World Mental Health day, the work of YoungMinds and support available for our young people. Further information on mental health support can be found on the YoungMinds website and on our school website under the “student life” tab.

Yours sincerely

Mrs S Robinson
Assistant Headteacher

