



On the 10th October, it is World Mental Health Day. At St. Andrew's, we will be celebrating #HelloYellow day on Thursday 10th October. We will be inviting children to wear something yellow with their uniform, e.g. a yellow hair band, yellow jumper over school shirt, yellow socks, yellow face paint etc.

We are wearing yellow to show young people that they are not alone with their mental health. It is important for us to know that keeping mentally healthy is just as important as being physically healthy.

This year, M&S and 14-year-old Joe Whale (aka The Doodle Boy) have teamed up as part of Young Minds Hello Yellow partnership.

Known for turning everyday moments into works of art featuring cartoon monsters, aliens, and positive messages for young people, The Doodle Boy has created a special worksheet for pupils to use to embrace the joy of doodling, which the children will use in school on this day.

Below is a link with a short video tutorial from The Doodle Boy showing how to have fun doodling!

https://www.youtube.com/watch?v=FMg-3MYRO_U

The children will continue to spend time in class discussing important issues around mental health and wellbeing.

Further information and support about mental health for parents and carers is available on the YoungMinds website- <https://www.youngminds.org.uk/> and there is a telephone number for parents- 0808 802 5544

If you are concerned about your child's mental health please make an appointment to see Mrs Whitaker, Mrs Kirkpatrick or Vicky Parker (Place2Be counsellor).

Thank you for your continued support

Mrs Whitaker and Mrs Kirkpatrick.