



On the 10th October, it is World Mental Health Day. At St. Andrew's, we will be celebrating #HelloYellow day on Friday 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.

On this day, all children will listen to the story 'Feelings' by Libby Waldon. They will then discuss feelings 'inside my heart' as explored in the story.

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 Alice (Place2Be counsellor).

Thank you for your continued support

Mrs Whitaker and Mrs Kirkpatrick.

Pastoral Leads