

MILDMAY PRIMARY SCHOOL

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Headteacher: Mr D Mulholland



30th September 2026

Dear Parents/Carers

Re: Hello Yellow Day – Friday 9th October

Mildmay Primary School will be taking part in **'Hello Yellow'** for World Mental Health Day on **Friday 9th October** to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

Many young people struggle with their mental health right now and that's why days like 'Hello Yellow' matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need. And by raising funds for YoungMinds, we're making sure that they have access to support when it matters most.

We'd love all the children to come to school wearing something yellow to show their support. We would also like to ask for a voluntary donation of £1, although we wholly recognise that there is financial pressure on families and therefore children can, of course, show support by wearing yellow whether or not a donation is made. Please don't purchase anything specifically for this event; a home-made yellow badge or sticker will show support just as well as full fancy dress. Yellow items should be worn alongside your child's normal Friday uniform.

If you can donate, please can we ask that you make your donation through ParentPay and that no cash is brought to school on this day.

Perhaps most importantly, we want to share the resources that YoungMinds offer to support parents and carers if you ever need help and advice. This includes:

- Online resources (www.youngminds.org.uk/parent)
- A phonline service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: **0808 802 5544** (Open 9.30am-4pm)
- As well as an online chat and email service: (www.youngminds.org.uk/parentshelpline)

So, dig out your **neon** socks, **custard** scarf, **banana** hat or best **yellow** fancy dress costume – Let's show our young people they're not alone with their mental health!

Together, we can create a brighter future for children and young people.

Thank you for your support,

N. Bird

Mrs N Bird &

Mrs V Foley

PSHE & Mental Health Leads



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