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CHALLENGE · INSPIRE · SUCCEED

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25 September 2020

Dear Parents/Carers

World Mental Health Day – 9th October



We are very excited to inform you that we are going to take part in World Mental Health Day on **9th October 2020**.

The charity Young Minds is calling on schools across the country to take part in #HelloYellow on World Mental Health Day to show young people they're not alone with their mental health. As part of the day, thousands of children and young people will **wear something yellow** to spread the word that, whatever you're going through, you can talk to someone if you're struggling to cope.

During the day children will discuss in class who they can talk to if they need help and we will be celebrating how we can support each other at Thorpe. **Everyone will be dressed in something yellow**: this could be just one item of their outfit, perhaps even a wig, or it could be an entire outfit of yellow wonderfulness. **We will not be asking children to make any monetary donation, we simply want to celebrate our school community and how we are all here for each other.**

Young Minds is a charity partner of Heads Together, the campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry to end the stigma around mental health. The charity also recently launched its Wise Up campaign, which calls on the government to rebalance the education system to make the wellbeing of students more of a priority in schools. Young Minds is the UK's leading children's mental health charity committed to improving the mental health and emotional well-being of children and empowering their parents and carers. For further information please visit www.youngminds.org.uk

We look forward to seeing children dressed in yellow on the 9th October to take part in World Mental Health Day.

Yours sincerely

Mrs P Jeremaes

Mrs P Jeremaes
Assistant Head Teacher

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