



Smithdon High School
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Dear Parents

We are writing to let you know that we are taking part in **#HelloYellow** on 10 October 2023 for World Mental Health Day.

We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

That's why we've signed up to take part in **#HelloYellow**. By taking part and wearing a yellow accessory, we're showing young people that we're with them. We're showing them that they matter and deserve the support they need, when they need it, no matter what.

We'll be joining thousands of other schools by wearing something yellow to stand out and show up for young people's mental health, and raise vital funds for YoungMinds as well as for our own mental health interventions. (Half the funds raised will be donated to YoungMinds, the other half will be used for mental health projects here at Smithdon).

To take part, students can wear an accessory in yellow to school on Tuesday 10 October. **Students must wear their normal school uniform** but they may wear yellow items, such as bracelets, socks, ties, hair bands and hats.

We are asking for donations of £1 which can be paid via ParentPay or cash on the gate.

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

Please contact us if you have any questions about the day.

Yours sincerely

Mr M Johnson
Assistant Headteacher

