



Dear Parents/Carers

**WEAR YELLOW FOR YOUNG PERSON'S MENTAL HEALTH DAY
FRIDAY 8TH OCTOBER 2021**



The situation we have found ourselves in over the last 18 months has been tough. We all need a ray of sunshine right now – #HelloYellow on Friday 8th October is a great opportunity for the children and our school community to come together for World Mental Health Day, wear yellow and feel hopeful about the future.

Young Minds are a charitable organisation who work to provide young people with tools to look after their mental health, giving young people the space and confidence to get their voices heard and change the world we live in. The charity work to both raise the profile of mental health, provide a support network, phone line and also assist schools by providing valuable resources to use. Please see the attached link for more information, their parents A – Z guide is very informative and importantly they also focus on ways to help stay mentally healthy and overcome life's challenges as and when they arise. <https://youngminds.org.uk>

If you are able to contribute for yellow day, then it will be gratefully received.

You can donate to the BHPS JustGiving page by clicking here:

https://www.justgiving.com/fundraising/hy2021-239351?utm_source=Sharethis&utm_medium=fundraising&utm_content=hy2021-239351&utm_campaign=pfp-email&utm_term=ef0c18e6f28948278c58381ccdae1b2a

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Young Minds Trust, so it's the most efficient way to give - saving time and cutting costs for the charity.

During the day teachers will be talking to the children and undertaking activities which will encourage the children to keep their brains healthy and focus on wellbeing. Each class will be making time to sit and talk together as learning to both express ourselves and listen are fundamental to developing resilience.



GET INVOLVED AT HOME... We really want to encourage parents to take the time to sit with their children and express themselves! Attached is a 'reminder of why you're amazing sheet'. Sometimes the smallest things are left not said in our busy world but taking the time to notice, recognise and write down for your child those amazing traits you see in them is fantastic for building their resilience, self-esteem and helping them learn how to express feelings.

Finally, as a school we are passionately committed to supporting this area of children's lives and helping our children to be healthy, happy and resilient individuals; but also, to ensuring both they and our wider school community know where to find support should they need it.

To this end, please find two other useful links designed for parents/carers;

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

The NHS Every Mind Matters has links to Apps that may help with anxiety, sleep and stress relief.

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

<https://www.mentalhealth.org.uk/publications>

If you have any questions related to the above, please do let me know

Yours sincerely

Miss Kerry Gibson
Deputy Headteacher
Bramcote Hills Primary School