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 Deptford Park Primary School

Friday 4th October 2024

Dear parents and carers,

Hello Yellow for Young Minds 2024

Deptford Park will be joining thousands of schools across the UK and taking part in Hello Yellow in support of YoungMinds **next Thursday 10th October** (World Mental Health Day). We will be holding a non-school uniform day and asking everyone to wear something **yellow**.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health. **But together, we can change this.**

To take part, students can wear **yellow** to school, and we'd like to ask parents and carers to consider donating to help YoungMinds keep fighting for young people's mental health (your child can bring a donation to school with them).

We stand brighter, together.

Finally, YoungMinds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website: www.youngminds.org.uk/parent.

If you have any questions, please let us know.

Best wishes,

Rebecca Ogungbesan
Assistant Head Teacher



Head Teacher: Leona Baffour

