

4th October 2021

Dear Parents/Carers,

Re: Join us in saying #HELLOYELLOW on Friday 8th October 2021!

Each year on the 10th October the World Health Organisation raises awareness and support globally for Mental Health.

Mental health (also referred to as 'emotional health' or 'well-being') is just as important as our physical health. We are all different, our feelings can change depending on circumstance and/or stages in our lives, but unfortunately there is still stigma attached to mental health issues. It is important that people feel comfortable talking about their feelings. This is equally as important for young people to enable good mental health: the ability to learn, understand and manage positive and negative emotions, form friendships and cope with change. In the UK today it is estimated that, on average, five children in every classroom have a mental health problem.

At West Acton, we will be joining in World Mental Health Day as a whole school, raising awareness for mental health across all ages, in our community and around the world by taking part in activities to help our well being. We are also encouraging everyone to wear something yellow to school and donate 50p/£1.00 to 'Young Minds' to help them continue their vital work in this area.

'Young Minds' is a UK mental health charity fighting for children and young people's mental health. This group wants a world where no young person feels alone and receives the support they need when they need it no matter what. To do this, they provide tools to help young people look after their mental health, empower adults to support these young people in their lives and give the young people the confidence and space to talk. To find out more about what they offer visit www.youngminds.org.uk

So, for our first charity event of the school year, what have you got hiding in your wardrobe or drawer - yellow socks, a feather boa, a banana t-shirt, canary yellow shorts or a neon hair bobble? Yellow jumper or trousers? Pupils can wear an item of yellow with the rest of their uniform. Get hunting!

For further information, please click on the link <https://www.youngminds.org.uk/support-us/fundraising/helloyellow/>

Please also take a look at our School Website Wellbeing section: <https://www.westactonprimaryschool.org/safeguardingandwellbeing/wellbeing> for information of what we do in school and how you can get support too. Mrs Ahmad, our School Therapist, writes a weekly tip on Friday's newsletters too.

Yours faithfully,

Karen Kondo
Head teacher