



#HelloYellow



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YOUNGMINDS

Say #HelloYellow for World Mental Health Day

On Friday 8th October Tudor Grange Samworth Academy Primary will be joining Young Minds to show young people they're not alone with their mental health.

We all struggle with how we're feeling sometimes. It's normal to have ups and downs – and this year might have felt a little more down than up. We've had worries about school, feeling alone, stress at home and uncertainty about the future. But knowing we're not alone always helps. Supporting each other can be a ray of sunshine on gloomy days!

We want to join together and ask all Primary children to wear an item of yellow on this day, as encouraged by Young Minds' #HelloYellow campaign. It could be yellow socks, a yellow jumper or t-shirt, even a yellow tie or hair band. Let's make our Hello Yellow Day as big and bright as possible.

Classes will be taking part in a range of fun activities to remind us all that we're there for each other and show young people they're not alone with their mental health.

Getting involved in #HelloYellow for World Mental Health Day is a little thing we can do to make a big difference to young people's mental health.

We look forward to seeing everybody wearing an item of yellow on Friday 8 October!

