



Archdiocese of Birmingham
Our Lady of Grace Catholic Academy
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Thursday 2nd October

World Mental Health Day

Dear Parents / Carers

Our school will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our pupils that we're with them and they're never alone with their mental health.

As a school, we'll be taking part by asking the children to **wear something yellow in addition to their normal uniform**. The children will also be taking part in activities linked to well-being in their classes.

You can also donate to support our school's fundraising by sending your child to school with £1. All donations will go to the YoungMinds charity.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/).

Of course, if you have any concerns, we are also always here to listen in school and help in any way we can.

Thank you for your continued support.

Mrs Davis

Head of School

