

Monday 29th September 2025

World Mental Health Day – Friday 10th October

Dear Parents/Carers,

World Mental Health Day – Friday 10th October 2025 Non-Uniform Day

No young person should feel alone with their mental health and that's why we're taking this opportunity, as a school community, to come together and show our students that they are never alone with their mental health.

The children are invited to show their support by wearing something **Yellow** to school on this day. Whether it's a scarf, t-shirt, or even socks, any pop of yellow will do.



Wear it loud. Wear it proud.

Please find below some shared 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/)

We look forward to seeing everyone wearing something yellow on **Friday 10th October.**

Thank you for your support,

Miss Putz
Designated Mental Health Lead
Woodpecker Hall Academy