



Honiton Primary School



Thursday 19th September 2024

Dear Parents and Carers,

As one of annual fundraisers, HPS shall once again be joining thousands of schools across the UK and taking part in, **'Hello Yellow in support of Young Minds'** on Thursday 10 October (World Mental Health Day) where we'll 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 show our support this year, children from Nursery to Yr.6 can wear yellow to school on Thursday 10th. This year, we shall **not be asking for any donations for this event**. During the day, every class will spend some time talking about mental health in an age-appropriate way.

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.

Thank you for your continued support

Mr. Lopez



FFT National
Attendance Award
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Healthy School



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