

YOUNGMINDS

**Hello
Yellow**
FRIDAY 9 OCT



Singlewell Primary School
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Gravesend
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Headteacher: Mrs Catt
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Friday 2nd October 2026

Dear Parents and Carers,

This year, YoungMinds, the UK's leading charity for young people's mental health are celebrating their 10 years of standing out, starting conversations and raising funds – so no young person feels alone with their mental health.

To mark this occasion and to show our support for this charity, we will be taking part in **Hello Yellow on Friday 9th October**. This is a non-school uniform day and children are encouraged to **wear something yellow** to school and will be taking part in activities during the afternoon.

Many young people are struggling with their mental health right now and that's why days like Hello Yellow matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need. By raising funds for YoungMinds, we're making sure that they have access to support when it matters most.

If you would like to send a donation please donate directly to YoungMinds by scanning the QR Code:



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

- Online resources (www.youngminds.org.uk/parent)
- A phonenumber service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: 0808 802 5544 (Open 9.30am-4pm)
- As well as an online chat and email service (www.youngminds.org.uk/parentshelpline)

Thank you for your continued support,

Kind regards,

Miss Meredith and Mrs Harvey
Pupil Development Lead and Associate Lead.

