

30th September 2020

Dear Parents/ Carers

#HelloYellow for World Mental Health Day on 9th October 2020

At Branfil, we believe that the mental health and wellbeing of our pupils, staff and families is of the upmost importance, especially during these uncertain times. This year, World Mental Health Day falls on 9th October and, to celebrate, we will be taking part in the #HelloYellow campaign, run by YoungMinds. YoungMinds is a charity who are using #HelloYellow to raise awareness and spread the word that young people are not alone when dealing with their mental health.

In order to recognise this day at school, we are asking all pupils and staff to wear an accessory or item of clothing that is yellow. School uniform is to be worn, but one yellow item can be swapped in or added, along with a donation (suggested £1 per pupil) for YoungMinds.

Some ideas of how you could add yellow to school uniform are:

- Swap a school shirt for a yellow top
- Wear a yellow headband or bow
- Put on yellow socks
- Wear a yellow coat, scarf or hat.

To make your donation, we are asking you to use the Just Giving page that can be found at www.justgiving.com/fundraising/branfil. All proceeds will go directly to the YoungMinds charity. You can find out more about their work at www.youngminds.org.uk

In addition to this, each class will also participate in some special #HelloYellow themed activities during the day in order to further raise awareness about mental health and the importance of reaching out and asking for help when needed.

We look forward to seeing the pupils in their yellow items and bringing some extra joy and happiness into school!

Yours sincerely

Mrs Daly
Mental Health and Wellbeing Leader