



4th October 2021

Dear Parents and Carers,

'HELLO YELLOW' DAY - FRIDAY, 8TH OCTOBER

This term, to complement our whole school focus and care for mental health, we are going to be joining thousands of schools, offices and communities by taking part in #HelloYellow and raising vital funds to support the work of the "Healthy Minds" charity.

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up. But it's the little things that have got us through it - the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL, the teacher who has your back. On Hello Yellow day, at Bourne Abbey we will taking time out to focus on our mental health whilst also having some fun. Each class will be taking part in an activity to support young people's mental health and we are asking everyone to come dressed in something yellow that day in return for a donation. We hope to raise lots of money for Healthy Minds to help fund the work they do with young people and the resources they provide.

Donations can be made online through ParentMail +Pay.

Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health. So dig out those neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health!

Because a little yellow goes a long way.

Yours sincerely

Mrs M Anderson
Student Council Coordinator