

BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parents and Carers,

'HELLO YELLOW' DAY THURSDAY 17th OCTOBER 2024

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 'Young Minds' charity and locally, Don't Lose Hope. The theme this year is 'Wear it loud, wear it proud!'. The official date for #HelloYellow Day is Thursday 10th, but as some of our children will be attending the Harvest Service at Bourne Abbey Church, we will be recognising and raising awareness of this day on **Thursday 17th October**. Our Reception superheroes are invited to wear something yellow with their outfit on that day.

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. Over the past few years, we might have felt a little more down than up, but it's the little things that have kept us **motivated** - 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 be 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 include something yellow with their school uniform for that day in return for a small donation of up to £1. This might be a yellow T-shirt or jumper or a pair of socks to replace one element of school uniform or an extra item such as a scarf, headband or badge. We hope to raise lots of money for not only 'Young Minds' but also our local charity, 'Don't lose hope', to help fund the work they do with young people and the resources they provide.

Donations can be made online via ParentMail +Pay or by bringing £1 into school. For +Pay:

- select payments from the main menu.
- select the shopping trolley icon at the bottom of the page
- select Yellow Day
- pop it in the basket and then
- follow the payment instructions

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 scarves and banana hats - let's show young people they're not alone with their mental health! Because a little yellow goes a long way.

Yours sincerely,

The Mental Health & Wellbeing Team and Student Council.

