



Amblecote Primary School

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Dear Parents / Carers,

On Thursday 10th October we have decided to take part in #HelloYellow this World Mental Health Awareness Day and support the charity Young Minds.

We would love it if everyone could wear something yellow. Whether it's a scarf, hat or your favourite T shirt; you may want to a subtle splash of colour or dress like sunshine from head to toe - dig out your best yellow clothes and wear them with pride.

By getting involved we will be raising much needed funds and helping show young people they are not alone with their mental health.

During the day, children will be participating in a range of activities to support their well-being, including yoga, to help them understand their mental health is just as important as their physical health.

As a whole school we will be focusing on a story book called 'Lucy's Blue Day' where the children will learn that #itsoknottobeok.



If your child would like to wear yellow on this day, please send in a £1 voluntary donation, which will be sent directly to the charity.

We are looking forward to a fun yellow-filled day – full of positive messages linked to well-being.

Many thanks for your continued support,

Mrs Cook
Acting Head teacher