



ST MARY'S CATHOLIC PRIMARY SCHOOL

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Dear Parents and Carers,

We are writing to let you know that St. Mary's Catholic Primary School's **Mental Health Awareness week** this term is: Monday 6th - Friday 10th October. As part of our Mental Health Awareness week, the Mental Health Support Team (MHST) will deliver a whole school assembly and Parent/Carer workshops (Date TBC). We will also be taking part in the **#HelloYellow** campaign for **World Mental Health Day** on Thursday 9th October 2025.

We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

That's why we've signed up to take part in #HelloYellow. **By taking part and wearing yellow, we're showing young people that we're with them. We're showing them that they matter and deserve the support they need, when they need it, no matter what.**

We'll be joining thousands of other schools by **wearing yellow** to stand out and show up for young people's mental health, and raise vital funds for **YoungMinds**.

To take part, **children are invited to wear yellow to school on Thursday 9th October 2025 and make a £1 donation to YoungMinds** (£1 donations will be collected by class teachers on the wear yellow day). Parents and carers are welcome to make additional donations directly to **YoungMinds**.

Here is the link to YoungMinds where you can make a donation:

<https://www.youngminds.org.uk/support-us/donate/>

In addition to these events, the Head Boy and Girl will be selling **fidget toys and keyrings for £1**. Money raised will go towards purchasing wellbeing resources for our school.

Together, we can create a brighter future for children and young people.

Kind Regards

Denise Morgan

SENCO/ Senior Teacher and Mental Health Lead

#HelloYellow

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YoungMinds, registered Charity in England (1016968) and Scotland (SC039700)



SUPPORTING
CONNECTING
INFLUENCING