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Dear Parents and Carers

World Mental Health Day – Monday 10 October #HelloYellow

We are writing to let you know that King's Oak Academy is taking part in **#HelloYellow** on Monday 10 October 2022 - World Mental Health Day.

The number of young people in need of mental health support is growing faster than ever – with a record breaking 420,000 young people being treated for mental health problems every month. Most young people aren't getting the help they need, and this can't go on.

That's why this year **#HelloYellow** is more important than ever. We need to make sure young people know that how they feel matters and they deserve to feel supported. **We couldn't not get involved.**

We'll be joining thousands of other schools by wearing yellow to show young people that how they feel matters.

To take part, students can wear something yellow for the day! This is **not a non-uniform** day therefore the only alternative clothing that should be worn should be something yellow (for example, yellow socks, a yellow hairband, a yellow t-shirt or jumper). *Students in YR-Y6 who have PE on this day should still wear appropriate clothing for their PE lesson.*

We're confident that taking part in **#HelloYellow** will show our young people that they're not alone with their mental health.

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

Kind Regards



Katherine Ogden
Principal of King's Oak Academy

WORK HARD, BE KIND

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