

Cheapside CofE Primary School

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Monday 23rd September 2024

Dear Parents and Carers,

Cheapside will be taking part in Hello Yellow in support of Young Minds on Thursday 10th October (World Mental Health Day) where we'll be holding a non-school uniform day and asking everyone to wear something yellow.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health. But together, we can change this.

To take part, students can wear yellow to school, and we'd like to ask parents and carers to consider donating to help Young Minds keep fighting for young people's mental health.

Our suggested donation is £2 which can be donated on ScoPay and there will be a collection at the school gate on the day. Because we stand brighter, together.

Finally, Young Minds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website: www.youngminds.org.uk/parent.

If you have any questions, please let us know.

Best wishes,

Fiona Day
Mental Health Lead