



**Whitehead**  
Primary School  
& Nursery Unit

'LEARNING AND GROWING TOGETHER'

Dear Parents/Guardians,

World Mental Health Day will take place on Thursday 10 October. WPS&NU would like to take part in brightening up the country by wearing something yellow to show support for the charity *Young Minds*, to raise awareness of mental health and to show young people they're not alone.

There are days when all of us can 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.

On Thursday 10 October, we would encourage the children at WPS&NU to wear something yellow. Please do wear normal uniform but with something yellow. This could be a yellow hairband, yellow socks, a yellow scarf, wristband or badge. During the day the children will take part in some lessons focussing on mental health.

On this occasion we aren't raising any money but as part of our 'Take Five' initiative we would like to take this opportunity to get the children thinking about the importance of:

- Making connections
- Keeping Learning
- Being Active
- Taking Notice
- Giving

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](http://www.youngminds.org.uk/parent)

At WPS&NU, let's stand brighter, together.

Kind regards,

**J LOUGHINS**  
Principal