

Dear Families,

As an academy we will be supporting the 'Young Minds' mental health charity with their national campaign to raise awareness of the importance of emotional well being for all young people and their families during October.

Over the past few weeks, our assemblies and 'Time to...' sessions have focused on emotional and mental health to provide children with key messages like how to seek support and 'It's ok not to be ok' to help them to understand their emotions and how to address feelings of anxiety and worry.

To celebrate the great work of Young minds and raise awareness, there will be a dedicated day to children's mental health called 'Hello Yellow' where we encourage our children to wear yellow to show their support for this amazing charity. This will take place on Friday 8th October, when children are welcome to contribute £1 to wear an item of yellow clothing for the day to spread positivity and happiness. This can be donated through your parent pay account, please do not send in any cash.

Thank you for your continued support

Mrs Jessica Wood

Vice Principal