



Holy Trinity Catholic Primary School

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Headteacher: Mrs H. Taylor

Dear parents and carers,

Our school will be taking part in **Hello Yellow Day** on **Friday 10th October** (World Mental Health Day) to raise awareness and funds for **YoungMinds**, the UK's leading charity for young people's mental health, and **Compton Care**, a local organisation that specialises in palliative care and bereavement support.

No young person should feel alone with their mental health, and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our pupils that we're with them and that they're never alone when it comes to their mental health.

We'll be taking part by

- **wearing yellow.** Suggested donations of £1 would be gratefully received, with all proceeds going to YoungMinds
- **taking part in 'Walk Away Your Worries'.** Throughout the day, children will take part in a mindful walk around the school grounds to reflect, reset, and connect with others. You can sponsor the children to do this by donating to our fundraising page: [Holy Trinity is fundraising for Compton Care Group Ltd](#) All proceeds from the Walk will go to Compton Care.

♥ You can also donate to support our school's fundraising by donating any change into our fundraising buckets on the gate during the morning (suggested donation £1 please).

Most importantly, we want to share the resources that **YoungMinds** offer to support parents and carers if you ever need help and advice to support your children's mental health.

Resources include the following:

- Online resources: www.youngminds.org.uk/parent
- A phone line (open 9.30am-4pm): **0808 802 5544**
- An online chat for parents and carers to speak to trained professionals if you're concerned about your child's mental health: www.youngminds.org.uk/parents-helpline

We look forward to working together for two great causes on Friday!

Kind regards,

Faith

~~M Coxon~~

Enoch

Amelia

Shawn

Catrina

ourra

David

Mrs Coxon and The School Councillors of Holy Trinity Catholic Primary School

"Aspire not to have more, but to be more"