



St Bartholomew's CE Primary School



2nd October 2020

Dear parents and carers,

At a time when it is needed the most, the children at St Bartholomew's Primary School are coming together (in a socially distanced way) for Young Minds #HelloYellow campaign, to support young people's mental health. Keeping mentally healthy is as important as being physically healthy and this is an important message that we teach our children.

We are holding a non-uniform day to support the campaign and this will take place near World Mental Health Day on Friday 9th October 2020. We are inviting the children to wear something yellow. This could be clothing, accessories or shoes. This will be in exchange for a £1 donation, which we will send directly to the charity after the fundraising day.

Yellow, as a colour, often represents sunshine and happiness. We always remind our children about the importance of staying healthy, fit and well. This includes looking after our own mental health. We often ask the children how they look after themselves at school, e.g. sharing top tips for: what to do if they get stuck with their learning, cheering themselves up, looking after a friend, how they have helped another pupil or, how they have been helped by someone. We also ensure the children know it is 'ok to not feel ok' and that they must talk to someone about any concerns they may have.

Further information and support about mental health for parents and carers is available on the Young Minds website: <http://youngminds.org.uk> and there is a telephone number for parents: 0808-802-5544 if needed (Monday to Friday 9.30am – 4pm).

We hope that this event will raise lots of money for a fantastic cause but also raise awareness of mental health issues amongst young people, in addition to signposting them to further support if they need it. We also hope that it will show our children that they are not alone and that there is nothing wrong with asking for help.

Please look on our social media links (Facebook/Twitter/School Website) from Friday onwards for photos of the event! 😊

Many thanks,

Miss Cannon

Apple Class Teacher/Key Stage 1 Leader

Leaveslake Drive, West Pinchbeck, Lincolnshire, PE11 3QJ, Tel: 01775 640357

Email: enquiries@stbartholomews.lincs.sch.uk Website: www.stbartholomews.lincs.sch.uk

