



# Wellbeing Newsletter October 2021

**#HelloYellow**

**YOUNGMINDS**  
fighting for young people's mental health

We are joining thousands of schools, offices and communities on **Friday, 8 October** by taking part in **#HelloYellow**

Dig out your neon socks, custard scarf and banana hat - we want to show young people they're not alone with their mental health!

We all struggle with how we're feeling sometimes and it's normal to have ups and downs.

This year might have felt a little more down than up. But it's the little things that have got us through it - the morning walks, singing in the shower, the perfect cuppa,

Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

Because a little **yellow** goes a long way.

If you would like to make a donation for the day then please send any contributions into school.

Should you have any worries, questions or concerns that you think I may be able to help with then please do not hesitate to contact me through the school office.

Mel Schofield

Family Liaison Officer /SEND Co