



Featherstone Academy

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#HelloYellow – Friday 8th October 2021

Dear Parents/ Carers,

On Friday 8th October, we will be showing our support to the Young Minds Charity by celebrating and saying #HelloYellow and raising awareness for children and young people's mental health on World Mental Health Day.

As a school, we are having a non-uniform day where everyone can wear yellow, from yellow socks and ribbons to a full outfit of yellow. Yellow, as a colour, often represents sunshine and happiness. This year, we will be reminding the children that staying healthy, fit and well includes looking after our own mental health.

Throughout the day, we will be having a special assembly to launch the day and then each class will be participating in activities including mindfulness, yoga, training our growth mind sets, random acts of kindness and other engaging activities linked to positivity.

There will also be more ideas and support on our school website, under curriculum and then PSHE, where parents and children can find out more information about Young Minds and where and how to access help and advice.

Why say #HelloYellow?

By wearing yellow on World Mental Health Day, we want to show young people that they're not alone when it comes to their mental health. Please join in supporting this worthy cause and raising awareness by wearing yellow.

Yours sincerely,


Mrs Jackson



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Awarded by Arts
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