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30th September 2021

Dear Parents/Carers,

YOUNG MINDS

fighting for young people's mental health

Hello Yellow Event
Friday 8th October 2021

On the Friday 8th October we will be holding our Hello Yellow event in support of the Young Minds Charity. This will form the final day of our 'Mental Well Being Week' in school. Each day we will be sharing different approaches and activities with the children about how they can help their own mental well-being. The activities will involve:

- **Musical Monday:** using music to support our mood and well being
- **Talking Tuesday:** using the power of talk to discuss feelings and emotions
- **I Wonder Wednesday:** Provide opportunities for the children to ask big questions and simply wonder about the world, their future, the environment and appreciate the non-materialistic aspects of life
- **Thankful Thursday:** Giving children time to think of someone/ something that they are thankful for
- **Feel Good Friday:** Hello Yellow day, in support of Young Minds

Young Minds are passionate about looking after young people's mental health and getting the early help when they need it. The Hello Yellow campaign is to help children to understand that they are not alone with their mental health

We are asking children to come to school on Friday 8th October in their usual school uniform plus an item of yellow, this could be a yellow t-shirt, trousers, socks, hair bands etc for a suggested donation of £2.00 per child in support of the charity.

Please note that this is a cashless event, and all donations should be made via our Just Giving webpage following the link below:

www.justgiving.com/Avalon-School3

Thank you for your support!

Yours sincerely

Mrs J Callaway
Headteacher

