



## Hello Yellow Mufti Day- Friday 10th October

Dear Parents & Carers

Our school will be taking part in Hello Yellow 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.

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 students that we're with them and they're never alone with their mental health. There will be related house assemblies all week reminding students how to look out for and after themselves and their friends and where to get advice support and guidance if they need to.

We'll be taking part by encouraging all students (and staff) to wear as much yellow as they can. The more yellow the merrier! The most 'yellow' house will win house and praise points. Staff will be looking out to give out 'golden tickets' for the best dressed/most yellow students they can find which will enter a raffle to win prizes including early lunch passes and some sweet treats. Students are reminded that although it is a mufti, clothing choices should be appropriate for school (e.g. no crop tops/miniskirts/crocs) as we do not want lessons to be disrupted or the day to deflect from the most important task of teachers teaching and students learning.

For just a £1.00 donation via the schools fundraising link: [TFS Young Minds Donation Page](#) students can wear mufti. (not available on parent pay). If students wanted to earn a giving PLEDGE and donate a little more then there are welcome too. Also don't forget students can give time to a cause to also earn a giving PLEDGE.

YoungMinds also offer to support parents and carers, if you ever need help and advice to support your children. This includes:

- online resources ([www.youngminds.org.uk/parent/](http://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 children's mental health ([www.youngminds.org.uk/parents-helpline/](http://www.youngminds.org.uk/parents-helpline/))

Our aim is to have the biggest and best Hello Yellow Day we have ever seen at TFS. We welcome students to 'Wear it loud. Wear it proud'. Because we stand brighter, together.

The Ferrers School