



# Venerable Bede Church of England Academy

## Dayspring Trust



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Headteacher: Mr D Airey (BSc Hons)

Executive Headteacher: Mrs G A Booth (BA Hons/M.Ed.)

1<sup>st</sup> October 2020

Dear Parent/Carer,

The mental health and emotional wellbeing of our pupils has never been more important; for this reason, we will be marking World Mental Health day by taking part in the 'Hello Yellow' campaign for the mental health charity, Young Minds.

On **Friday 9th October 2020**, pupils and staff are asked to wear a yellow item e.g. a T-shirt or hair band. The aim of the campaign is to show young people that they are not alone with their mental health and to raise vital funds for Young Minds. Please note that pupils must wear their blazer, school trousers or skirt and school shoes as normal. Pupils do not have to take part if they do not wish to.

I would like to take this opportunity to signpost you to the Young Minds website:

<https://youngminds.org.uk/>

The website contains many fantastic resources that parents can use to support their child's mental health. They also offer a helpline to parents and carers worried about their child or young person under 25. This number can be called free on **0808 802 5544** from Mon-Fri, 9:30am - 4pm.

If you wish to make a voluntary donation to support the excellent work that Young Minds undertake, please visit the 'shop' area of your Parent Mail account.

As always, if you are at all concerned about your child's mental health, please do not hesitate to get in touch for advice and support.

Yours faithfully,

**Miss S Holt**  
**Assistant Headteacher & SENDCo**

