

World Mental Health Day – Friday 6th October

Monday 2nd October

Dear Parents/Carers,

At The Greetland Academy, we are committed to supporting the emotional health and wellbeing of our pupils and staff. Please do look on our school website on our *Personal Development* page for up to date support and advice.

On Friday 6th October, the whole school will be celebrating 'World Mental Health Day'. This is to raise awareness of the importance of mental health and wellbeing for young people. We will be saying **#helloyellow** and sharing tips for the importance of looking after your mental health. All children are invited to wear **yellow themed non-uniform** to school.

We are not asking for donations to be brought into school, but if you do want to make a donation to the charity Young Minds who support young people's mental health you can do so at the following website:

<https://www.youngminds.org.uk/support-us/donate/>

Thank you for your continued support.

Yours sincerely,

Mrs H Crowther
Principal