



St. Philip's
RC Primary School

3rd October 2025

Dear Parents and Carers,

We are delighted to let you know that our school will be celebrating **World Mental Health Day** on **Friday 10th October** with the national campaign **Hello Yellow**. This is a wonderful opportunity for us to come together and learn about the importance of looking after our mental wellbeing.

On this day, we have a range of exciting activities planned for the children:

- **Wear something yellow!**
To show support, we are encouraging all children to come to school in their **full uniform**, wearing a yellow accessory such as a hairband, scrunchie, bow, socks, tights, badge, wristband, or sticker.
- **Author Visit**
Children will have the chance to meet and greet a visiting author. They will hear how reading can support a healthy mind and enjoy listening to some of their work.
- **Wellbeing Workshop**
Our children in Years 5 and 6 will take part in a special workshop all about wellbeing.
- **Extra Breaktime**
All pupils will enjoy an additional break to spend time outside, breathe in fresh air, and connect with their friends.
- **Learning About Healthy Minds**
Throughout the day, the children will also explore practical ways to look after their mental health and wellbeing.

To support the **Hello Yellow** campaign and help raise awareness for children's mental health, we kindly ask for a **£1 donation** from each child. We are really looking forward to this special day and hope the children will enjoy and benefit from the activities.

Thank you for your continued support.

Best wishes,

Mrs K Welsh
PSHE/ Mental Health Lead



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