

Friday 3<sup>rd</sup> October 2025

Dear Parents/Carers

### **Hello Yellow – World Mental Health Day**

On **Friday 10<sup>th</sup> October 2025**, Ryecroft CE Middle School will be joining thousands of schools across the UK in supporting **Hello Yellow** for *World Mental Health Day*, in aid of **Young Minds**.

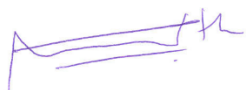
Pupils are invited to add a splash of yellow alongside their school uniform (Years 6, 7 and 8), or PE kit (Year 5). This could be a simple accessory such as a headband, socks, or a cap, or they may choose to swap one item of their uniform for something yellow – for example, wearing a yellow t-shirt or jumper instead of their usual shirt. Please note, blazers are still to be worn and normal school rules regarding jewellery, nails/nail varnish and make-up still apply.

No young person should feel alone with their mental health. Taking part in Hello Yellow is a brilliant way for us to show that "*we stand brighter, together.*"

For further resources and advice for young people, parents, and carers, please visit the Young Minds website: [www.youngminds.org.uk](http://www.youngminds.org.uk).

Let's turn Ryecroft yellow!

Yours sincerely



**Mr M Hall**  
**Deputy Headteacher/DSL/SENDCo**

