



St. Peter's Catholic Academy



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Principal: Mrs R. Snee

Friday 1st October 2021

Dear Parent/Guardian,

Hello Yellow! – World Mental Health Day 2021



We are excited to announce that St Peter's are going to be involved in this year's #HelloYellow campaign, showing young people that they're not alone with their Mental Health and raising vital funds for Young Minds Charity.

It's normal to have ups and downs – and this last year might have felt a little more down than up. But it's the little things that have got us through it.

Wearing yellow is a little thing we can do to make a big difference. We will be celebrating the little things we can do to look after ourselves and support each other, and together, we can show young people they're not alone with their mental health.

The more people who show they care, the more comfortable young people will feel about talking to someone if they're struggling.

We would like all children to wear yellow clothing on **Thursday 7th October** and to make a **donation of 50p** online (Scopay) for Young Minds.

Things can get better and getting involved in #HelloYellow for World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

Because a little yellow goes a long way.

Thank you for your support,

Yours Sincerely,

Miss Hilton

