



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
Windermere Road, Southend on Sea, Essex, SS1 2RF
Phone: 01702 534546
Email: office@sacredheart.southend.sch.uk



Dear Parents and carers,

WORLD MENTAL HEALTH DAY

Sacred Heart will be joining thousands of schools across the UK and taking part in Hello Yellow in support of YoungMinds on Thursday 10 October (World Mental Health Day) where **we will be holding a non-school uniform day and asking everyone to wear something yellow.**

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

No young person should feel alone with their mental health. But together, we can change this. Because we stand brighter, together.

To take part, students can wear yellow to school, and we'd like to ask parents and carers to consider donating to help YoungMinds keep fighting for young people's mental health.

Our suggested donation is £1 which can be paid online via School Money or cash can be brought in on the morning.

Finally, YoungMinds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website:
www.youngminds.org.uk/parent.

If you have any questions, please speak to Mr Smith.

Kind regards

Mr Mike Smith
Assistant Headteacher



Headteacher: Mr C Beazeley
Part of the Assisi Catholic Trust Ltd,
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