



# Spalding High School

Stonegate, Spalding, Lincolnshire, PE11 2PJ  
**Telephone** 01775 722110 **Fax** 01775 719724  
**Email** enquiries@spaldinghigh.lincs.sch.uk



**Headmistress Mrs M Anderson B.Ed**

Dear Parent/Carer

**#HelloYellow! Friday 9<sup>th</sup> October 2020**

This year we have already been reminding students that staying healthy, fit and well includes looking after our own mental health. In form time on the first day back and in PSHCEE sessions, we have been asking students how they look after themselves and building their emotional resilience.

On Saturday 10<sup>th</sup> October it is World Mental Health Day and in celebration of this, we will be supporting the Young Minds #HelloYellow! campaign. We will be inviting all students to wear something yellow with their school uniform on Friday 9<sup>th</sup> October 2020. Students can wear all yellow, or a token 'yellow' item of clothing (no yellow hair or nails) with their school uniform. We only ask that students donate 50p into one of the charity buckets on their way into school.

We are wearing yellow to show young people they are not alone with their mental health. It is important for us all to know that keeping mentally healthy is just as important as being physically healthy. Yellow, as a colour, often represents sunshine and happiness. The charity that we are raising money to support is called Young Minds. There is a wealth of information available on their website on different mental health conditions, but also life events that may negatively affect a young person such as coronavirus anxiety or exam stress. Further information and support about mental health for parents and carers is available on the Young Minds Website: <http://youngminds.org.uk> and there is a telephone number for parents: 0808-802-5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).

At a time when it is needed most, we hope that all of the students will unite together to support #HelloYellow and show solidarity to young people. We hope that this day will raise lots of money for a fantastic cause but also raise awareness of mental health issues amongst young people, in addition to signposting them to further support if they need it. We hope that this day will also show students that they are not alone and that there is nothing wrong with asking for help.

So let's make our #HelloYellow day as big and bright as possible and thank you in advance for your support. Any questions, please do not hesitate to contact us.

Yours sincerely

Mrs V Hickman  
Head of Year 10

Mrs L Ray  
Assistant Headteacher & Safeguarding Lead