



St. Mary's RC Primary School, a Voluntary Academy

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"Called to love as God loves"

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YOUNGMINDS

Hello
Yellow

28th September 2026

Dear Parents/Carers,

World Mental Health Day on Friday 9th October 2026

On this day we ask the children to wear yellow to celebrate #Hello Yellow. This is to show support for children and young people's mental health on World Mental Health Day and to spread the joy of positive mental wellbeing.

Whether you choose a subtle splash of colour (yellow socks, yellow headband) with your school uniform, or dress like sunshine from head to toe, together we can show young people they're not alone with their mental health.

During this day each class will be participating in a range of activities organised by us (the school wellbeing ambassadors) to develop awareness of the importance of positive mental health and wellbeing.

So let's stand out and wear yellow on 9th October .
Together we can support young people's mental health,
when they need it – no matter what!

Emilia

Dolci

Freyja

Harlow

Emilia

Miley

Carter

ELLA

Toshua

Thank you for your support with this important issue.

The Wellbeing Ambassadors

