



# NORTHCOTE PRIMARY SCHOOL

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Tuesday 3<sup>rd</sup> October 2023

Dear Parent/Carer

Next Tuesday (10<sup>th</sup> October) is World Mental Health Day. This year's theme, which is set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. As a school, we will be marking the day with different activities going on throughout the day. Please see below for more details.

- The charity 'Young Minds' is running their annual #helloyellow campaign to raise awareness of how to 'Stand Out and Stand Up' for mental health. **We are inviting the children to wear something yellow with their school uniform.** This could be a yellow hat, scrunchie, a bandana, a tie. We already have some yellow on our school uniform, so please don't go out any spend lots of money on an accessory for the day.

We will not be collecting any donations in school, however if you would like to donate to the Young Minds charity, you can do so through their website <https://www.youngminds.org.uk/support-us/donate/>

- **Family Dance off! 8.30-8.45 on the playground**  
The school gates will open at 8:30 and we would love for parents and carers to join us for some feel-good exercise to start off the day. Children must be supervised by parents and carers at this time. The doors to school will open up as usual at 8:45.
- **'Coffee and Chat' morning for parents and carers- 2.30-3.20.**  
This will be a relaxed event where we will share some resources with you around how to support the mental health and wellbeing of your family.



Yours Sincerely

Mrs Hearnshaw  
Deputy Headteacher

