



14<sup>th</sup> September 2023

**Wear Yellow for Mental Health Day**  
**#HelloYellow**

Dear Parents/Carers,

We are writing to inform you about an upcoming event, World Mental Health Day, which falls on the 10<sup>th</sup> October 2023. This day serves as an opportunity for us to raise awareness and support young people's mental health.

To mark this day, we are encouraging students, staff, and parents/guardians to wear yellow as a symbol of support for mental health. By doing so, we aim to stand out and demonstrate our commitment to creating a brighter future for young people's mental well-being.

It is crucial that we come together as a community to highlight the importance of mental health and show our support for those who may be struggling. By wearing yellow, we can raise awareness, start conversations, and provide reassurance that help and understanding are available.

Additionally, we would like to use this opportunity to raise funds for mental health charities, such as

- Mental Health Foundation (<https://www.mentalhealth.org.uk/>)
- YoungMinds (<https://www.youngminds.org.uk/support-us/donate/>)

Please click on the individual links above if you would like to make a donation.

These organisations play a vital role in supporting and advocating for young people's mental health, and any contribution, no matter how small, can make a significant difference.

We kindly request that you encourage your child to participate in this event by wearing a yellow item of clothing on the designated day. Together, we can make a positive impact and ensure that all young people have access to the support they need.

Please note that participation in this event is entirely voluntary. However, we believe that by collectively wearing yellow, we can send a powerful message of solidarity and support for young people's mental health.





**Park Grove**  
PRIMARY ACADEMY

Thank you for your continued support. Should you have any questions or require further information, please do not hesitate to contact us.

Kind regards,

Jo Sawyer  
Headteacher

[j.sawyer@ebor.academy](mailto:j.sawyer@ebor.academy)



[www.parkgrove.ebor.academy](http://www.parkgrove.ebor.academy) | Email [admin.pg@ebor.academy](mailto:admin.pg@ebor.academy) | Tel: 01904 806500

Park Grove, York YO31 8LG | Headteacher: Jo Sawyer | Executive Headteacher and Hub Lead: Gail Brown

 Follow us on Twitter @ParkGroveSchool

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