



Sheet Primary School

"making a difference for every child"

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#Hello Yellow

Dear Parents & Carers

We are very much looking forward to celebrating National Mental Health day on Thursday 10th October (next Thursday!) with #Hello Yellow day. We will take a day out of our curriculum to think about our mental health, how we can promote this even further at school and encourage the children to embrace their feelings.

To celebrate #Hello Yellow Day we have organised all sorts of activities as well as a Circus Company to encourage and promote mindfulness and wellbeing. We would very much like the children to wear yellow to show solidarity. So whether you choose a subtle splash of colour or dress like sunshine from head-to-toe, together we can show young people they're not alone with their mental health.

#Hello Yellow day supports the vital work of the Young Minds charity and there will be a collection at the school gate at the beginning and end of the school day. Children are also encouraged to bring a £1 donation for this worthy cause.

With very best wishes and we look forward to a happy, yellow day!

The Sheet School Team



Living the Olympic and Paralympic Values

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