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Aim High Never Give Up Follow Your Dream Lead By Example

Friday 25th September 2026

KINDNESS WEEK

World Mental Health Day & Wear Yellow for YoungMinds

Dear Parents and Carers,

As part of our Kindness Week, we will be focusing on the importance of kindness to ourselves and others, and on looking after our mental health and wellbeing.

To mark World Mental Health Day and show our support for YoungMinds, we are inviting all pupils and staff to wear something yellow to school on Friday 9th October 2026.

Wear Yellow for YoungMinds is a wonderful way for our school community to come together, raise awareness of young people's mental health and show children that they are not alone.

Whether it's a yellow T-shirt, jumper, socks, hair accessory or even a splash of yellow, we would love to see the school filled with yellow for this important day!

We know that wearing something other than school uniform to school can be distressing for some of our pupils as it changes the routine and expectations. If it helps your child, please feel free to send their 'dress down day' clothing in a bag (this case, something yellow) so that they can get changed, if they would like to, once they have seen that their peers are also out of uniform.

Throughout Kindness Week, children will take part in activities that encourage kindness, friendship and positive wellbeing. This links closely with our ongoing myHappymind programme in school. Through myHappymind, children learn about their brains, emotions and wellbeing, helping them to develop positive habits and strategies to support their mental health. World Mental Health Day and Wear Yellow provide another important opportunity to remind our children that looking after our mental health is just as important as looking after our physical health.

Wear Yellow for YoungMinds: Friday 9th October 2026
Thank you for supporting our Kindness Week and for joining us in showing young people that their mental health matters.

Mrs G Jones
PSHE and RSE Lead

Mrs D Reynolds
Head Teacher