



CIR/THO

6th October 2023

Dear Parents/Carers

As you may be aware, Tuesday 10th October is World Mental Health Day. As a school we are strongly committed to safeguarding and promoting healthy minds and wellbeing. To mark the day, we will be holding our own celebration and will be supporting the work of the charity Young Minds as we do.

[YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

On **Tuesday 17th October**, we would like our pupils to come to school wearing an item of yellow clothing. This could be a ribbon, a hair band, a pair of socks. The colour flash must be discreet and must not impede lessons nor the general appearance of the uniform. To that end, no nail varnish, nor yellow make up items nor hair dye.

Yellow ribbons will be on sale at break and lunchtime in F4 for 20p and donations to the charity can also be made at this time.

As well as our wearing of yellow, we will be holding a creative writing competition for a short story or poem (500-word guide) on the subject of resilience. There will be prizes for the top three entries; closing date will be 20th October 2023.

We are looking forward to our special day and the support and comfort it may well bring to those of us brought low or compromised by wellbeing issues. Whilst we may not be able to banish wellbeing conditions as well as we can other illnesses, we can certainly raise awareness and come together to help those and ourselves in need.

We look forward to our wearing of yellow!

Yours sincerely

C Ireland

Mrs C Ireland

Senior Mental Health Lead