



Thorpedene Primary School

A member of SECAT (Southend East Community Academy Trust)

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MENTAL HEALTH DAY – FRIDAY 9TH OCTOBER 2020

Dear Parents/Carers,

The mental health and wellbeing of children and young people is incredibly important. This year has been and will continue to be a stressful time and everyone is juggling a lot right now. That's why here at Thorpedene we will be holding our first 'Hello Yellow' Mental Health Day on FRIDAY 9TH OCTOBER.

During the day the children will be finding out more about the importance of looking after their own mental health, learning some wellbeing tips plus various ways in which they can help themselves and others by taking part in some fun wellbeing activities.

As suggested by the name, it would be great if we can brighten up the day so we want everyone to WEAR SOMETHING YELLOW please! Whether it's a subtle splash of colour or dress like sunshine from head to toe is entirely up to you. So, dig out the neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health!

We are asking for donations of £1, which when brought to school will be kept in a secure money box and stored for 48 hours before counting, in line with Covid-19 guidance.

Thank you for your support.

Mrs Powell
Wellbeing Co-ordinator
Year 4 teacher

Southend East Community Academy Trust

"Strong Partnerships, Strong Community, Strong School"

