

Fen Ditton Community Primary School
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Headteacher: Mr Mark Askew

Monday 28th September 2020

World Mental Health Day 2020

Dear Parents and Carers,

On **Friday 9th October** it is World Mental Health Day.

In order to recognise the importance of mental health we would like to support the charity Young Minds with their #HelloYellow campaign. Young Minds are a charity that support children with their mental health across the country.

The purpose of the day is to raise the children's awareness about how to keep mentally healthy and to increase their vocabulary and strategies for coping with any difficulties they may have. We will be building upon the wellbeing sessions that have been taking place since the start of term.

We would like the children to wear something yellow on Friday 9th October, this could be a t-shirt, hair band, socks, etc. Usually we would ask the children to bring in a voluntary donation, but following current guidance we ask that you please donate through the Young Minds weblink: <https://www.justgiving.com/campaign/helloyellow2020>

 YOUNG MINDS #HelloYellow

Thank you for your continued support,

Miss Clough