

29/09/2020

Dear Parents

As you may or may not be aware Saturday 10th October is World Mental Health day. Fern House will be supporting the Mental Health charity Young Minds with their 'Hello Yellow' campaign. Young Minds is the UK's leading charity fighting for children and young people's mental health.

Friday 9th October will be a non-uniform day and pupils are asked to wear yellow and donate £1 to Young Minds. Throughout the week of the 5th-9th October, the pupils will be having lessons in class that focus on encouraging positive mental health.

World Mental Health day is a great opportunity to remind anyone who is struggling with their mental health, that they are not alone and together we can make a positive difference.

If you would like more information or support with regards to improving wellbeing or mental health, feel free to contact myself or Leon our wellbeing lead. In addition, along with the letter I have attached a list of fantastic websites and helplines that may be useful.

Kind regards
Amutha

(Therapy lead)

