



Archdiocese of Birmingham
St. Mary's Catholic Academy
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Thursday 2nd October

World Mental Health Day – Friday 10th October

Dear Parents/Guardians,

As part of Mental Health Awareness Week, we will be supporting the charity YoungMinds by taking part in their #HelloYellow campaign.

On **Friday 10th October** the children are invited to wear something yellow alongside their usual school uniform; this could be a hair accessory, socks or any other small item. The aim is to raise awareness of the importance of mental health and to show young people that they are not alone.

We kindly ask for a **£1 donation**, which will go directly to YoungMinds to help fund the vital work they do in supporting children and young people's mental health.

Thank you, as always, for your continued support.

Yours Sincerely

Mrs Statham

Head of School

