



6 October 2023

Dear Parent/Carer

World Mental Health Day – Tuesday 10 October 2023

We can all struggle with how we are feeling, but sometimes things get tough and it can be difficult to cope. Young people especially are experiencing a unique set of pressures for a generation growing up through a pandemic, cost of living crisis and academic pressures, all of which may be taking a toll on their mental health. For so many young people, when this happens, they do not get the help they need, when they need it.

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our Ethics and Character curriculum and by embracing important national and local personal development days and events.

On Tuesday 10 October, The King's School will be supporting 'World Mental Health Day'. This is to raise awareness of young people's mental health and to support the Young Minds Charity. We will be asking students and staff to say #HelloYellow by wearing yellow to stand up for young people's mental health. We will set up a fundraising section on MCAS where you can make donations online or children can bring in cash and loose change to donate in school.

On Tuesday students will be given the option to either wear an item of yellow clothing or yellow accessories for example collared shirts, round neck or polo t-shirts, ties, socks and/or hair accessories. Students must wear their blazer along with their normal school trousers or shirts. They must be appropriately dressed and ensure that they are respectful of the purpose of the day. Usual jewellery and shoes rules apply, and this dress code must be adhered to.

During the day students will also be taking part in bespoke form time activities, mental health themed assemblies and mental health based lessons in Ethics and Character. Students will also be able to buy baked goods in the canteen for a donation of 50 pence.

You can access the links below to find websites and charities which provide helpful information on mental health and wellbeing and how to deal with it, as well as where to get help if needed.

<https://www.compass-uk.org/services/wakefield-children-and-young-people-emotional-health-and-wellbeing-service>

<https://www.mind.org.uk/for-young-people>

<https://www.youngminds.org.uk/parent> (A-Z Parents Guide and Support)

<https://www.mentalhealth.org.uk/explore-mental-health>

Yours faithfully,

Mrs E Phelan
Assistant Headteacher