



Sudbourne Primary School

Headteacher: Richard Blackmore
Hayter Road, London SW2 5AP
www.sudbourne.com

tel: 020 7274 7631
fax: 020 7326 7377
admin@sudbourne.com

Date: 4th October 2021

Dear Parents/Carers,

This **Friday 8th October** marks World Mental Health Day 2021. This year, we will be supporting charity *Young Minds* and taking part in #HelloYellow, spreading the word that whatever you are going through, you are not alone with your mental health. This year's theme is '**A little yellow goes a long way.**' We all struggle with how we're feeling sometimes and it's normal to have ups and downs and this year might have felt a little more down than up. But it's the little things that have got us through it - the daily walks, the google meets, our friends that make us smile.

Your child can come to school on **Friday 8th October** wearing an item of yellow clothing. We are raising money for *Young Minds* mental health charity. If you're able to make a donation, there will be yellow buckets at the entrance to school in the morning and the afternoon.

Whether it's a scarf, hat, or your favourite bow tie, dig out your best yellow clothes and wear them with pride.

To find out more about #HelloYellow or to make a further donation, go to www.youngminds.org.uk.

Yours sincerely,

Jo Chevalier
Mental Health & Well-being Lead

