



# Birches First School

*Believe, Grow, Succeed*

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3rd October 2019

Dear Parents,

*On Thursday 10th October, we will be celebrating World Mental Health Day, raising the importance of our children's own mental health and wellbeing.*

*As part of the day, we are asking the children to wear something yellow. Whether your child chooses a subtle splash of colour or dresses like a sunshine from head-to-toe; we look forward to seeing as much yellow around the school as you can - enjoy being creative!*

*The charity YoungMinds is calling on schools across the country to take part in #HelloYellow on World Mental Health Day to show young people they are not alone with their mental health. We hope to spread the word that whatever we might be going through, there are people to talk to if we are struggling to cope. Together we can show young people they're not alone with their mental health.*

*In order to support the charity, we would welcome a £1 cash donation towards their cause.*

*We want #HelloYellow to be a positive and fun way for children and young people to share the message that it's okay to reach out for help. During the day, the children will be learning a strategy known as 'tapping' which could be used to promote positive ways to deal with their emotions. Children will also participate in singing activities, mindfulness and creative activities, all of which are used to promote positive expression of emotions.*

*Yours Sincerely,*

*Mrs J Moge*

*PSHE and Mental Health Lead*