



## QUEEN'S PARK HIGH SCHOOL

Dear Parent/Carer,

### **RE: Wear Something Yellow for World Mental Health Day – Thursday, 10<sup>th</sup> October**

Next Thursday is World Mental Health day and we are delivering a special assembly to all year groups focusing on how to look after your own Mental Health and where to go for support if necessary.

On the day we are inviting all students and staff to wear something yellow in place of one item of their uniform. This could be a yellow shirt, a yellow tie, socks. Students can even accessorise with a yellow head band etc. The aims are to raise awareness and for all students to show that acknowledging mental health issues shouldn't be a stigma and that it's OK to not be OK and seek support.

If you would like to look at the range of resources and support that are available to young people and the wider community then please do visit our brilliant Mental Health and Wellbeing pages on the school website, the link to which you can find here: [Queen's Park High School - Mental Health & Wellbeing \(qphs.co.uk\)](http://qphs.co.uk)

All students who wear something yellow for the day will be awarded House Points for taking part but more importantly will be sharing their support for each other by raising awareness that mental health issues can affect anyone.

We look forward to seeing a sea of yellow on Thursday!

Kind regards,

Mr. M. Yeoman  
**Assistant Headteacher**

*Inspiring Individuals • Empowering Minds • Defining Futures*

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