



Ashlands

Church of England
Primary School

Headteacher: Miss Nicola Ball
Chair of Governors: Mr David Harvey

3rd October 2024

Dear Parents and Carers,



At Ashlands Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. On Thursday 10th October we will be participating in 'World Mental Health Day'. The theme this year is, Hello Yellow. **Hello Yellow** is a campaign to raise awareness for young people's Mental Health.

On **Thursday 10th October**, the Ashlands Mental Health Team are organising a whole school **tea and talk café** for the pupils. This was hugely successful before and the team are eager to build regular opportunities for children to 'talk'. **On this day, children are invited to wear something Yellow**. We will have yellow stickers and face paint (for fun cheek stripes) in school.

The children will meet in House Teams to chat and chill! We all know that **talking** is good for your mental health, it helps us all to build social links and relationships, which can lead to a happier and more mentally healthy community.

We believe that empowering young people to use their voices, share what matters to them, and encourage those around them to hear their voices. Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. Children will be engaged in a variety of discussions and activities across the day.

Windwhistle	Bincombe	Winyard	Seaborough
Green	Yellow	Red	Blue

We all hope you will support this day and remember to ask your child who they talked to at the end of the day . If you need any further information, please do not hesitate to contact the school office. There are lots of resources online if you want to follow this up at home – just google – World Mental Healthy Day – 'Hello Yellow' 😊

Best wishes,

Mrs Chick and Mrs Bell

The Mental Health Team

Love of Learning, Love of Life, Love of One Another

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We are committed to safeguarding and promoting the welfare of children.

