



Dear Parents and Carers,

At Ashlands Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. **On Friday 10th October** we will be celebrating “World Mental Health Day”, the theme is Hello Yellow.

The Ashlands Mental Health Team are organising a whole school **Café and Activity morning**. This is a huge event, and the team are eager to build regular opportunities for children to ‘talk’ and fill the day with sunshine and smiles. **On this day, children are invited to wear something Yellow.** We kindly ask if you would consider making a voluntary contribution of £1 in support of our efforts. The total amount raised will be split evenly between our school and young minds.

The children will meet in their house groups and engage in discussions and activities. 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. These conversations will help us actively respond to our shared vision: Love of Life, Love of Learning and Love of one Another, and a celebration of every pupil’s unique perspective.

We believe in the transformative power of young voices. When children and young people are encouraged to speak up, share what matters to them, and feel truly heard, they flourish—not just academically, but emotionally and socially.

Research shows that empowerment leads to greater self-efficacy and self-esteem. When young people know their voices make a difference, they develop confidence, resilience, and a deeper sense of belonging.

Together, we are building a community where every voice matters—and where every child knows they are seen, heard, and valued.

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 Health Day – ‘Hello Yellow’ 😊

Best wishes,

Mrs Chick & Mrs Noake

The Mental Health Team