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King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Monday 3rd October 2022



#WorldMentalHealthDay

Dear Parent/Carer,

On Monday 10th October we are going to be taking part in #HelloYellow in support of Young Minds as part of World Mental Health Day. This is not a fundraising event but is to make the children more aware of their own well-being and how they can look after it.

The staff and children can choose to wear something yellow on the day which can include their own school t-shirt.

Throughout the day we will be sharing well-being messages to spread the word that there is always someone you can talk to if you are worried. We will also be practising well-being life skills such as breathing exercises and yoga.

If you would like further information on how you can support your child's well-being please visit

<https://youngminds.org.uk/>

We are looking forward to a very calm and relaxing day and hope you can support us.

Yours Sincerely

Mrs H. Richardson

Mental Health and Well-Being Lead