

# BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

Executive Headteacher: Mrs S J Moore

Head of School: Mrs R E Skidmore

Sandown Drive  
Bourne

Tel: 426968



5<sup>th</sup> October 2022

Dear Parents/Carers,

## 'HELLO YELLOW' DAY - FRIDAY 14<sup>th</sup> OCTOBER 2022

This term, to complement our whole school focus and care for mental health, we are going to be joining thousands of schools, offices and communities by taking part in #HelloYellow and raising vital funds to support the work of the Healthy Minds charity.

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. Over the past few years, we might have felt a little more down than up, but it's the little things that have kept us **motivated** - the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL, the teacher who has your back. On #HelloYellow day, at Bourne Elsea Park we will be taking time out to focus on our mental health whilst also having some fun. In particular this year, we will be focusing on our Character Education trait for this term, MOTIVATION, and how this can help us to think more positively and be the best we can be. Each class will be taking part in an activity to support young people's mental health and we are asking everyone to include something yellow to their uniform for that day in return for a small donation of up to £1. This might be a yellow T-shirt or jumper or a pair of socks to replace one element of school uniform or an extra item such as a scarf, headband or badge. We hope to raise lots of money for Healthy Minds and the Don't Lose Hope Charity to help fund the work they do with young people and the resources they provide.

Donations can be made online via ParentMail +Pay or by bringing £1 into school.

For donations via ParentMail +Pay:

- select payments from the main menu.
- select the shopping trolley icon at the bottom of the page
- select Yellow Day
- pop it in the basket and then
- follow the payment instructions

Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health. So, dig out those neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health!

Because a little yellow goes a long way.

Yours sincerely,

Miss Davey

Mrs Friel & Mrs Campbell

Miss Davey  
Student Council Leader

Mrs Friel & Mrs Campbell  
Mental Health First Aiders

