Mindful about Mental Health

October – Hello Yellow!

October is Hello Yellow time where we celebrate and fundraise for the Young Minds charity that support children and young people's mental health. This year celebrates 10 years of the charity starting conversations, standing out and raising funds for youth mental health.

We have held a whole school assembly, had class discussions and completed activities around these topics.

To help support your well being and mental health, please find attached the well-being tips and well-being tips for work from Young Minds. Have a read and think about how this could improve your own well-being and mental health.



Hello Yellow Wellbeing Tips for Workplaces for NL at work.pdf

Hello Yellow Wellbeing Tips for NL October.pdf

As always, please reach out to us if you need support and we will do our best to help you and your children.

Always here and happy to help,

Ms Winterton x