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**Sutton Road Primary
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YOUNG MINDS

fighting for young people's mental health

Dear parents and carers,

Sutton Road Primary will be joining thousands of schools across the UK and taking part in Hello Yellow in support of Young Minds on Friday 10 October (World Mental Health Day) where we'll be holding a non-school uniform day and asking everyone to wear something yellow or whatever you feel comfortable in.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

No young person should feel alone with their mental health. But together, we can change this. To take part, children can wear yellow or whatever you feel comfortable in, and we'd also like to ask parents and carers to consider playing wellbeing bingo by logging the activities your family has done in the last week. See attached for inspiration 😊

Finally, Young Minds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website:
www.youngminds.org.uk/parent.

If you have any questions, please let us know.

Kind regards,

Sally Harvey

Executive Inclusion Leader



Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done in the last week. You can also add your own ways that you look after your wellbeing to the blank squares.

In the past week I have...

add your own →

Made sure to rest 	Spent time with family/friends 	Listened to my favorite songs 	
Spent time outdoors 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Exercised 	Stayed hydrated 	Drawn a picture 	Had a good laugh 
	Danced 	Looked after myself 	Explored a new place 

← add your own

Illustrations by Jen Springall

#HelloYellow

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SCHOOL MENTAL HEALTH AWARD



MUSIC MARK SCHOOL 2024 - 2025

