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BEAVER ROAD M20

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Tuesday 5th October 2021

Dear Parents and Carers,

#HelloYellow is Young Minds biggest campaign, taking place every year to promote World Mental Health Day.

On Friday 8th October, we encourage everyone to wear yellow and donate to help show young people they are not alone with their mental health, whilst helping YoungMinds to raise vital funds to continue their work.

You can donate by following the link to our Just Giving page

<https://www.justgiving.com/fundraising/beaverroaddonations> or you can bring in a cash donation on the day.

The past 18 months has been a stressful time for everyone. #HelloYellow is about coming together and celebrating the little things we can do to look after ourselves and support each other's mental health. Why don't you and your family have a go at playing wellbeing bingo to support your own mental health.

So, dig out your neon socks, custard scarf and banana hat, and join us in saying #HelloYellow this Friday 8th October.

Best wishes,

Mrs Byrne
Deputy Headteacher



Article 24 (health and health services)

Every child has the right to the best possible health.

Wellbeing Bingo

#HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Illustrations by Jen Springall