

Swanwick School and Sports College
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25th September 2024

Dear Parents/Carers,

Swanwick School and Sports College will be taking part in #HelloYellow on **Thursday 10th October 2024** for World Mental Health Day.

We can all struggle with how we are feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

That's why we will be taking part in #HelloYellow. By taking part and wearing yellow, we are showing our young people that we are with them and that they matter and deserve the support they need, when they need it, no matter what.

We will be joining thousands of other schools by wearing yellow to stand out and show up for young people's mental health.

Any monies raised will be used within school to develop our mental health and well-being resources. We recommend a voluntary contribution of £1

Please be aware if your child would like to come in their normal school uniform then they are welcome to do so.

Thank you for your support.

Mrs Chambers



Headteachers: C Greenhough & D England



