



LOWERHOUSE JUNIOR SCHOOL
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Lowerhouse - Inspiring a lifelong love for learning!

24th September 2025

Dear parents and carers,



Our school will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health. No young person should feel alone with their mental health and that's why Hello Yellow matters.

We're taking this opportunity as a school community to come together and show our students that we're with them and they're never alone with their mental health. We'll be taking part by inviting all of our pupils to wear something yellow to school on Friday 10th October.

You can also donate to support our school's fundraising by following the QR code.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:

- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/)

We look forward to seeing everyone's yellow outfits and raise fund for this important cause.

Yours sincerely

L. Parker

Yr4 Rowan Class Teacher

