



THE SKIPTON ACADEMY

A MOORLANDS LEARNING TRUST ACADEMY

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Principal: Mr Richard McManus

Dear Parent/Carer,

The mental health and emotional wellbeing of our pupils has never been more important; for this reason, we will be marking World Mental Health Day by taking part in the 'Hello Yellow' campaign for the mental health charity, Young Minds.

On Friday 8th October 2021 (tomorrow), pupils and staff are asked to accessorise their uniform by wearing a yellow item e.g. a yellow shirt, yellow tie, hair band or socks. The aim of the campaign is to show young people that they are not alone with their mental health and to raise vital funds for Young Minds. Please note that pupils must wear their blazer, school trousers or skirt and school shoes as normal. Pupils do not have to take part if they do not wish to.

In addition to accessorising their uniform, students will revisit key strategies that they can use to support their mental health and well-being at the start of their lessons throughout the course of the day and during Ready to Learn, students will be carrying out some reflective work around their mental health and positive and negative triggers.

We have also secured the support of our mental health practitioners, through our work as a trailblazer school. The mental health practitioner will be at school and students can arrange to speak to her throughout the course of the day, should they have any concerns or worries.

I would like to take this opportunity to signpost you to the Young Minds website: <https://youngminds.org.uk/>. The website contains many fantastic resources that parents can use to support their child's mental health. They also offer a helpline to parents and carers worried about their child or young person under 25. This number can be called free on 0808 802 5544 from Mon-Fri, 9:30am - 4pm.

If you wish to make a voluntary donation to support the excellent work that Young Minds undertake, please visit the Young Minds website to donate.

As always, if you are at all concerned about your child's mental health, please do not hesitate to get in touch for advice and support.

Kind Regards

Jibran Khalil
Associate Assistant Principal
Head of Upper School