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# YOUNG MINDS

Dear Parents and Carers,

**Holgate Primary School** will be taking part in this year's **Hello Yellow day on Tuesday 10th October, fundraising for Young Minds.**

All children, staff and volunteers are invited to **'wear what makes you happy'** on **Tuesday 10th October**. If your child would like to take part, please send them into school wearing their chosen outfit.

Voluntary contributions would be gratefully received through ParentMail.

Young Minds provides young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel. Young Minds empowers parents/ carers and adults who work with young people, to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in. Together, we can create a world where no young person feels alone with their mental health.

Follow this link for more information and advice:

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Thank you,  
Sally Harvey

