

Bredon Hill Academy

Learning Together for Success

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Deputy Headteacher

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Our Ref: MH/MJN

3rd October 2025

Dear Parents and Carers,

Bredon Hill Academy are delighted to be joining thousands of schools across the UK taking part in Hello Yellow in support of YoungMinds on Friday 10th October - World Mental Health Day. We'll be holding a non-school uniform day and asking everyone to wear something yellow.

There are days when all of us might struggle with mental health. Things can get tough, and it can be difficult knowing how to cope. For so many young people when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health.

To take part, students can either:

- wear school uniform with a yellow accessory – this could simply be a yellow hair band, yellow socks, a badge or a yellow tie
or
- come to school in non-uniform by wearing a yellow t-shirt or sweatshirt.
or
- even come to school dressed in yellow from head-to-toe!

Please ensure other non-uniform items are appropriate for school and the weather on the day.

We'd like to ask parents and carers to consider donating to help YoungMinds keep fighting for young people's mental health. Our suggested donation is £2, which can be donated on our JustGiving page: <https://fundraise.youngminds.org.uk/fundraisers/BredonHillAcademy/hello-yellow>. It's all because we stand brighter, together.

Finally, YoungMinds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person you can find this on their website: www.youngminds.org.uk/parent. If you have any questions, please let us know.

Kind regards

Mr M Horton
Deputy Headteacher