

**MARKETHILL PRIMARY SCHOOL**  
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Dear Parent/Guardian

Our school will be taking part in 'Hello Yellow' on Friday 10th October 2025 (World Mental Health Day) to raise awareness of the importance of young people's mental health. At MPS, we believe that no young person should feel alone with their mental health and that's why 'Hello Yellow' matters. Pupils are encouraged to wear yellow to school on Friday, which is a non-uniform day. This can be a yellow item of clothing or an accessory such as a scarf, hat, yellow socks.

We are taking this opportunity as a school community to come together and show our boys and girls that we are with them, and they are never alone with their mental health. We will be taking part by completing different activities in school to show how we can help to make ourselves feel better.

The Take 5 Steps to Wellbeing initiative will be used, whereby we will be encouraging our children to Connect, Keep Learning, Be Active, Take Notice and Give. These Take 5 activities are being infused into school life at MPS. As they can be done by everyone, we encourage our families to build them into everyday life. Indeed, many of them are probably part of your regular family life.

For the 'Give' part of the Take 5 initiative we are asking for a £1.00 donation per pupil to go towards the charity, Reach Mentoring, which is supporting MPS during 2025 – 2026.

Yours sincerely

Dr Helen McLernon

