



CATALYST

Somers Heath

Foyle Drive, South Ockendon, Essex RM15 5LX
Telephone: 01708 853397 E-mail: admin.shps@catrust.org.uk

Monday 29th September 2025

Hello Yellow Day – Friday 10th October

Dear Parents and Carers,

Somers Heath Primary School will be joining thousands of schools across the UK and taking part in Hello Yellow in support of Young Minds on Friday 10th October 2025 where we will be holding a non-school uniform day and asking everyone to wear something yellow.

There are days when all of us struggle with how we are feeling. 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. Here at Somers Heath Primary School, we believe that no young person should feel alone and that together as a school we can change this.

To take part, students can wear yellow to school, and we'd like to ask parents and carers to consider donating to help towards resources for children within our school community to help them with their mental health in school.

Our suggested donation is £1, which can be donated on the day as the children enter their classroom.

Finally, Young Minds have resources for parents and carers to find help and advice at www.youngminds.org.uk/parent.

If you have any questions, please contact us.

Thank you for your continued support,

Yours Sincerely,

Mrs Nye
Deputy Headteacher

