

HELLO YELLOW DAY!

WE ALL STRUGGLE WITH HOW WE'RE FEELING SOMETIMES AND IT'S NORMAL TO HAVE UPS AND DOWNS.

This year might have felt a little more down than up. But it's the little things that have got us through it – the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL, or the member of staff who has your back.

ON FRIDAY THE 8TH OF OCTOBER HOLLIN WILL JOIN THOUSANDS OF SCHOOLS, OFFICES AND COMMUNITIES BY TAKING PART IN #HELLOYELLOW DAY.

SO DIG OUT YOUR NEON SOCKS, CUSTARD SCARF OR BANANA HAT. A YELLOW SCHOOL TSHIRT WILL BE ABSOLUTELY FINE.



Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

Because a little yellow goes a long way.

The children will have a special assembly dedicated to this event on Tuesday 5th of October in order to raise awareness of mental health and wellbeing. We will not be collecting money for this event.

The Health and Wellbeing Team

