

# Bredon Hill Academy

*Learning Together for Success*



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Miss D J West, MAEd, BEd, NPQH

**Deputy Headteacher**

Mrs M E Jessop, BA (Hons)

**Business Manager**

Mrs C E Shalom, BSc (Hons)

**Assistant Headteacher**

Mr M Horton, BA (Hons), NPQH

**Assistant Headteacher**

Mrs K Dunkley, BA (Hons), NPQSL

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Our Ref: MH/MJN

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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 Thursday 10 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 wear something yellow to school. This could simply be a yellow hair band, yellow socks, yellow t-shirt or even 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: [www.justgiving.com/page/bhahelloyellow](http://www.justgiving.com/page/bhahelloyellow) 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](http://www.youngminds.org.uk/parent). If you have any questions, please let us know.

Kind regards

A handwritten signature in black ink, appearing to read 'M Horton', written in a cursive style.

Mr M Horton  
Assistant Head Teacher