

#HelloYellow

YOUNGMINDS

Dear parents and carers

I am writing to let you know that The Barlow is taking part in #HelloYellow on Friday 9th October 2026, ahead of World Mental Health Day on 10th October 2026, in support of Young Minds, the UK's leading charity for young people's mental health.

No young person should ever feel alone with their mental health and that's why #HelloYellow matters. We're taking this opportunity as a school community to come together and show our pupils that we're with them and that they're never alone with their mental health.

We'll be joining thousands of other schools by wearing yellow to show young people that their feelings are important to us, as well as raising money for **YoungMinds**. To take part, pupils can wear a **yellow item of clothing or accessory** to school on **Friday 9th October with their full school uniform**, and we ask pupils / parents and carers to consider **making a donation of £1 to YoungMinds either via their Family Tutor or our JustGiving Page:** <https://justgiving.com/campaign/thebarlowrchelloyellow2026>

The accessory could be a hair bobble, tie, socks, shoes etc. Alternatively, our Wellbeing Committee, alongside our Anti-Bullying Ambassadors and Prayer and Worship Leaders, will be selling yellow ribbons for 50p on the day. We will also be taking this opportunity to promote The National Literacy Trust's 'Take 10 to Read' incentive, with a selection of young fiction available for pupils to loan at lunch time from our Library pop-up stall, as well as an exclusive reading retreat event in the library. In addition to this, we are taking part in The National Literacy Trust's Guinness World Record attempt in Library lessons.

Finally, we would like to share the resources that YoungMinds offer to support parents and carers if you ever need help and advice to support your children, which include:

- online resources <https://www.youngminds.org.uk/parent/>
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/)

By working together, we can empower children and young people to thrive and shape a brighter future.

Yours faithfully



Mrs Nadeen Staniforth

Assistant Headteacher & Senior Mental Health Lead

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MATTERS

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MY FEELINGS
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