Assalaamu Alaikum – 'Peace be upon you'

Dear Parents/Carers,

RE: #HelloYellow for World Mental Health Day

On **Monday 10th October 2022,** Eden Girls' School will be fundraising to support and raise awareness of mental health issues around the world and to mobilise efforts in support of mental health throughout the UK.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. Last year #HelloYellow was a record-breaker - it was our brightest year yet! But this year a different, more concerning record has been broken. According to the latest NHS figures, **420,000 young people are now being treated for mental health problems every month.** That's more young people than ever before seeking support - and most aren't getting the help they need. This needs to change. With your support, it can.

This World Mental Health Day, thousands across the country are coming together to say #HelloYellow. Join us on **10th October** to show young people that how they feel matters and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

On Monday 10th October 2022, pupils are permitted to wear something yellow, this could be yellow socks, a mustard scarf, a yellow ribbon, etc. **Please note, the normal uniform blazer and skirt must still be worn. A yellow dress, for example, will not be permitted.**

If every pupil and member of staff in our school supports this event by donating a minimum of £1, we would raise over £700 in one day.

Pupils should bring their donations with them on the day; a collection tin will be present in every form room, in which all donations should be deposited in the morning.

If you have any further queries relating to this day, please do not hesitate to contact us.

Thank you for your continued support.

Yours faithfully,

Zubair Khalifa
(Assistant Principal)

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