

Dear Parents and Carers,

On Thursday 10th October 2024 is World Mental Health Day. To raise the awareness of this important issue all children are invited to wear a yellow accessory with their school uniform on Thursday. Some suggestions are a yellow hairband, socks, a scarf etc. If you do not have anything yellow at home we have lots of yellow stickers to share.

During the day we will be talking about what Mental Health is, ways we can look after ourselves and how to ask for help when we need it.

Thank you in advance for your support.

Kind regards

The St Mark's Team