



# Gaddesby Primary School



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Headteacher: Mrs Sarah Richardson

15<sup>th</sup> September 2025

Dear Parents and Carers,

## **RE: Young People's Mental Health Day**

On Friday 10<sup>th</sup> October, we will be taking part in Hello Yellow (World Mental Health Day) to raise awareness and promote positive mental health and wellbeing. The wellbeing team at Gaddesby have been working hard planning activities around 5 areas.

### **Positivity**

We would like everyone to wear yellow to symbolise happiness and positivity. Don't worry if you have nothing yellow – wear another bright colour instead!

### **Kindness**

The wellbeing team are busy making a kindness box. During the week we encourage children to notice kindness and make a note of it. These special acts of kindness will be recognised in assembly.

### **Creativity**

We will be holding an art competition. The wellbeing team would like everyone to produce a piece of artwork around the theme, 'what makes you you'. This can be done in any way – we want everyone to be creative. Can entries please be handed in to class teachers by Wednesday the 8<sup>th</sup> October so the wellbeing team can judge the entries and announce the winners in assembly on Friday.

### **Movement and connections**

During the day we will be having wellbeing walks around the field with different year groups mixing together to build connections between age groups. Please ensure children have wellies in school.

### **Relaxation**

During the afternoon we will be doing a 'drop everything and relax'. This will give us all a change for calmness, relaxation and reflection.

Warm regards,

Miss Smith and the Wellbeing Team.