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6<sup>th</sup> October 2025

Dear Parents and Carers,

The children and staff at Four Oaks will be taking part in the Hello Yellow Day this year on Friday 10th October to raise awareness of young people's mental health. Good mental health is being able to cope with challenges, handle stress, build strong relationships and recover from setbacks. The children will be taking part in a range of activities throughout the week to support their mental health.

Please help celebrate and promote the cause by sending your child to school wearing something yellow, whether it's a scarf, sticker, hat, socks, T-shirt or an old bow tie! Dig out anything yellow you can find and get your child to wear it with pride for Hello Yellow Day! Don't worry if you don't have anything - we'll give the children a sticker to colour in with a yellow picture in school. This is an optional non-uniform day. Children can choose whether to wear uniform or not. We don't mind either!

Thank you for your continued support.

Miss Ronan  
PSHE Lead

Mrs. Carroll  
Designated Safeguarding Lead (DSL)

