



# Ferndale Primary School and Nursery

Headteacher: Miss Horrobin  
Ferndale Primary and Nursery School - Wiltshire Avenue  
Swindon - Wilts - SN2 1NX

Dear Parents/Carers,

On Friday 10<sup>th</sup> October, Ferndale will be saying 'hello to bright colours'.

On 'World Mental Health Day', Friday 10<sup>th</sup> October, and in conjunction with 'Young Minds' thousands of schools and companies across the country will wear yellow to brighten up the day. Don't worry if they don't have anything yellow as at Ferndale, we are going to include all bright colours so your child can come to school wearing an item of brightly coloured clothing, anything (school appropriate) that makes them happy! Alongside wearing bright colours, we will be raising the profile of the importance of mental health throughout the day with lessons, activities and mindfulness.

For more information and support you can go to [www.youngminds.org.uk](http://www.youngminds.org.uk) where there is an A-Z guide, giving you advice on how to help your child with their feelings and behaviours.

Kind Regards

Mr Truman

