



3 October 2025

Dear parents and carers

Mental health awareness - Hello Yellow day 10 October 2025

We are pleased to share that Bulwell Academy will be supporting **Hello Yellow Day** on **Friday 10 October**, as part of our ongoing commitment to promoting positive mental health and wellbeing across our school community.

What is Hello Yellow Day?

Hello Yellow is a national campaign led by the charity *YoungMinds*, designed to raise awareness of children and young people's mental health. By wearing yellow, we show young people that they're not alone with their mental health and that it's okay to talk about how they're feeling. It's a powerful way to unite as an Academy and stand up for mental health together.

Why it matters

Mental health is just as important as physical health, and supporting our students' emotional wellbeing is a key priority at Bulwell Academy. Hello Yellow Day gives us an opportunity to open up conversations, reduce stigma, and remind everyone that help and support are always available.

How students can take part

We invite all students to wear **an item of yellow clothing** on the day—this could be a t-shirt, socks, hair accessory, or anything yellow! Please note this is an accessory and we will expect full uniform to be worn. We kindly ask for a small donation of **between 1p and £1**, which will go towards supporting mental health initiatives.

Activities throughout the week

To mark the occasion, we have a range of activities planned:

- A **Mental Health Support Team (MHST)** stall will be available throughout the week for students to access resources and speak to professionals.
- Our **Wellbeing Wednesday** tutor time will feature special wellbeing activities.
- There will be a **whole-school assembly** focused on mental health awareness.
- Our **student prefects** will be leading a positive initiative by leaving **happy notes** around the Academy to spread kindness and encouragement.

We hope you'll join us in supporting this important cause and encouraging your child to take part. Together, we can make a difference.

Yours sincerely

K McCarthy

Mrs McCarthy
Assistant Principal