



CATALYST

Dilkes Academy

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Thursday 3rd October 2024

Dear Parents/Carers,

Dilkes Academy will be joining thousands of schools across the UK and taking part in Hello Yellow in support of YoungMinds on Friday 11th October 2024 where we will be holding a non-school uniform day and asking everyone to wear something yellow.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. Here at Dilkes Academy we believe that no young person should feel alone and that together as a school we can change this.

To take part, students can wear yellow to school, and we'd like to ask parents and carers to consider donating to help YoungMinds keep fighting for young people's mental health because we stand brighter, together.

Our suggested donation is £1 (cash) which can be donated on the day as the children enter their classroom.

Finally, YoungMinds have resources for parents and carers to find help and advice at www.youngminds.org.uk/parent.

If you have any questions, please contact us.

Thank you for your continued support,

Mr Latham
Headteacher

