



CATALYST

Dilkes Academy

Garron Lane, South Ockendon, Essex RM15 5JQ
Telephone: 01708 852128 E-mail: admin.da@catrust.org.uk

Tuesday 30th September 2025

Dear Parents/Carers,

Dilkes Academy is pleased to announce its participation in Hello Yellow on Friday, 10th October 2025, joining thousands of schools across the United Kingdom in support of YoungMinds.

In recognition of this important initiative promoting children and young people's mental health, we will be holding a non-school uniform day and kindly request that all pupils and staff wear an item of yellow clothing to show their support.

There are times when we all face challenges with our emotions and mental wellbeing. Life can become difficult and knowing how to manage these feelings is not always easy. For many young people, accessing the right support at the right time can be a significant hurdle. They may feel uncertain about where to turn, who to speak to, or whether anyone else understands what they are going through.

At Dilkes Academy, we firmly believe that no young person should ever feel alone. As a school community, we are committed to fostering an environment where every child feels supported, heard, and valued. Together, we can make a meaningful difference.

To further support our commitment to mental health, money raised from the day will go towards improving resources within the school to support pupils' mental wellbeing. A voluntary donation of £1 may be brought in and handed to staff as children enter their classrooms.

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,

Miss L Griggs
PSHE Subject Lead

