



Smithdon High School  
Mrs A Gibbins  
Headteacher  
Downs Road, Hunstanton  
Norfolk PE36 5HY  
Telephone: 01485 534541  
e-mail: [office@smithdonhigh.org.uk](mailto:office@smithdonhigh.org.uk)  
website: [www.smithdonhigh.org.uk](http://www.smithdonhigh.org.uk)

Ref: MJo/NW

7 October 2024

Dear Parents

Smithdon High School will be joining thousands of schools across the UK and taking part in Hello Yellow Day in support of the charity YoungMinds on **Thursday 10 October** (World Mental Health Day). On this day we are asking students to show their support for people who struggle with their mental health by including something yellow alongside their normal school uniform.

During the week we will have an assembly, a tutor time activity and several lesson starter activities all focussing on maintaining good mental health, where to go for support if they are struggling with their mental health and how to support each other.

To participate students are asked to contribute £1 by our MCAS app or by dropping £1 in the bucket on the way into school.

Students may choose to wear a yellow top in place of their shirt and tie, alongside their normal school blazer and grey trousers/school shorts or school skirt.

Additionally or alternatively they may choose to wear yellow accessories on this day, such as yellow hairbands, a yellow hat or yellow socks. Please note – this does not include yellow nail varnish.

Finally, YoungMinds also have some excellent resources on their website for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this at: [www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent). If you have any questions, please let us know.

However, our Pastoral and SEND support teams are always available to offer support for you if you have concerns about your own child's mental health. If you do have any concerns regarding your child, please email your child's form tutor and/or pastoral manager.

Yours sincerely

**Mr M Johnson**  
Assistant Headteacher – Pastoral Care

