



## MIDDLEWICH HIGH SCHOOL

ASPIRE - BELIEVE - BELONG

LYDIA NAYLOR BA (HONS), NPQH HEADTEACHER

7<sup>th</sup> October 2024

### World Mental Health Day - Thursday 10th October

Dear Parents and Carers,

I hope this message finds you well. I am writing to inform you that on Thursday, 10th October, our school will be participating in World Mental Health Day, with a special focus on the "Hello Yellow" campaign, a national initiative aimed at raising awareness for mental health and wellbeing.

This year's theme, set by the World Federation of Mental Health, is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of individuals, organisations, and communities. While the theme focuses on workplace environments, it also reminds us that mental health is a priority for everyone, including our students, as they prepare for their futures.

To show our support, we are inviting all students to wear one yellow item alongside their full school uniform on this day. This could be a yellow accessory such as a scarf, ribbon, or badge.

Throughout the week, our Student Council will be selling "Hello Yellow" badges for £2 each during breaks and lunch times. All proceeds will go towards supporting mental health initiatives.

We are also excited to announce a "Bake Off" competition on Thursday, where students can compete for the title of Ultimate Baker of Middlewich High School! There will be a special prize for the ultimate winner. We encourage as many students as possible to take part in this fun and creative activity. Students can sample the cakes and judge staff and students for a £1 contribution.

In addition, our new Mental Health Support Team member has now started and will be available to provide additional support to students. She will be making herself known over the coming weeks, and students can reach out to her whenever they need help or guidance.

Finally, as part of the week's activities, our Personal Development sessions will focus on mental health and wellbeing, equipping students with valuable tools and strategies to manage their emotional and mental health.

We look forward to seeing our school community come together to support this important cause.

Thank you for your continued support.

Yours faithfully

**Sarah Colclough**  
**Deputy Headteacher**  
**Middlewich High School**