



# Vigo Primary School

*Opening a World of Learning and Opportunity*

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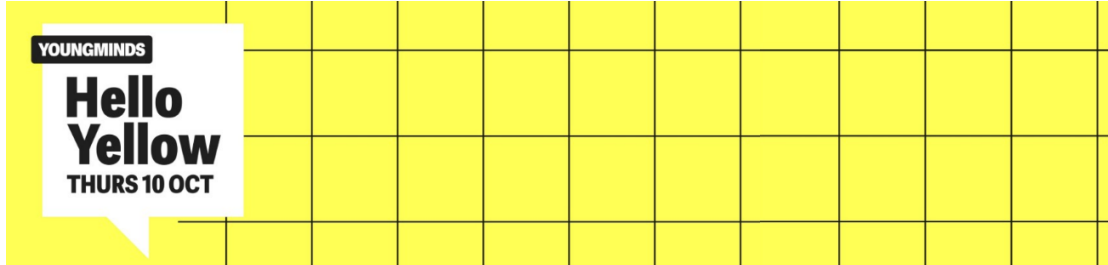
W: www.vigo.hants.sch.uk

**Headteacher:** Mrs R Dance

**Deputy Headteachers:** Mrs L Reid and Mrs K Roach

**SENCO:** Mrs S Wright

30 September 2024



Dear parents and carers,

Vigo will be joining thousands of schools across the UK and taking part in Hello Yellow in support of YoungMinds on Thursday 10 October (World Mental Health Day) where we'll 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. No young person should feel alone with their mental health. But together, we can change this.

To take part, students can wear as much or as little yellow to school as they feel comfortable, and we'd like to ask parents and carers to consider donating to help YoungMinds keep fighting for young people's mental health. Our suggested donation is £1 per student.

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

We can't wait to see the children dress up and turn Vigo yellow this World Mental Health Day! Because together, we stand brighter.

Kind regards,

Mrs Woodward  
(PDL subject lead)

