CATALYST

Quarry Hill Academy

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5th October 2026

Dear parents and carers,

Our school will be taking part in Hello Yellow on Friday 9th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our students that we're with them and they're never alone with their mental health.

We'll be taking part by wearing something yellow with their school uniform yellow or orange top/t-shirt/shirt with their school uniform trousers or skirt. If they do not have a yellow top, then a yellow hairband, yellow socks, yellow tie or yellow scarf, can be worn.

Years 3 and 4 are on a trip so please ensure they are in school uniform. They can wear a small yellow accessory/socks or hairband.

You can also donate to support our school's fundraising by using the QR code below or visiting https://fundraise.youngminds.org.uk/fundraisers/QuarryHillAcademy/hello-yellow

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:
- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health (www.youngminds.org.uk/parents-helpline/)

Many thanks in advance for your support.

Mrs. S. Wakeling

Executive Headteacher

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