



# Hebburn Comprehensive School

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SB/JE

Head Teacher: Mr D R Thompson

06 October 2025

Dear Parent/Carer,

## Join Us for Young Minds' "Hello Yellow" – Friday 10th October 2025

On Friday 10th October, Hebburn Comprehensive School will be joining thousands of other schools across the country in marking World Mental Health Day through the Young Minds "Hello Yellow" campaign. Together, we will be wearing yellow to raise awareness and funds for this important cause.

Right now, the world can feel like a tough place for children and young people to grow up in, and many are feeling the pressure. We want our pupils to know that they are not alone with their mental health—things can and do get better, especially when we talk about how we're feeling and support one another.

Mental health matters just as much as physical health, and it is important that young people feel able to talk openly—both at home and in school. Hello Yellow is about starting and continuing these conversations, so that every young person knows it is always okay to ask for help.

To show our support, pupils are invited to **substitute one item of their uniform for one yellow item of clothing**—this could be socks, a tie, or perhaps a yellow shirt.

We are also encouraging families to make a voluntary contribution to support the work of Young Minds. Donations can be made:

- Online via our Hebburn Healthy Minds Fundraising page:  
<https://fundraise.youngminds.org.uk/s/4675/4677>
- In person on the day

There is no obligation to contribute, but every pound raised helps to ensure more young people get the support they need.

Thank you, as always, for your support in helping us shine a light on the importance of mental health. Together, by showing our young people that they are not alone, we can make a real difference.

Yours sincerely,

*S Burdis*

Mrs S Burdis

**Designated Safeguarding Lead**