



Birley Primary Academy

A L.E.A.D Academy

Headteacher: Dawn McAughey

Address: Thornbridge Avenue,
Sheffield, S12 3AB

Telephone: 01142399002

Enquiries@birleyprimaryacademy.co.uk

Dear Parents/carers,

On World Mental Health Day, **Friday 10th October** we will be raising awareness of children's mental health and supporting the mental health charity Mind.



To mark this important day, we are asking all **children to come to school wearing something yellow (no football kits).** **We kindly ask for a small donation of £1,** which will go directly to Mind. This charity works hard to provide vital mental health resources and to campaign for local and national support hubs.

The children will take part in:

- A whole-school assembly about mental health and wellbeing.
- Class discussions about looking after ourselves and supporting others.
- PSHE activities designed to help children learn positive strategies for managing feelings, building resilience, and knowing where to go for help.

It is important that children learn about mental health from a young age. Just as we teach them how to look after their bodies, we want them to understand how to look after their minds. By talking openly, we can reduce stigma, encourage kindness, and let children know that they are never alone.

Every penny raised will help Mind continue its brilliant work supporting children and families across the country. You can donate bring your £1 donation into school on the day. Of every £1 donated to Mind, 83p goes directly towards supporting people with mental health problems and furthering the fight for mental health. The rest goes towards the essential costs of running Mind.

Thank you for your support – together we can make a real difference.

Mr Cosgrove

Mental Health Lead



Registered no. 08296921