

**Headteacher:** Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

13<sup>th</sup> October 2021

Dear Parent/Guardian,

I wanted to let you know about World Mental Health Day and #HelloYellow and the activities planned within the Academy to celebrate the day.

The World Health Organisation recognise World Mental Health Day on the 10<sup>th</sup> October each year. This year it falls on Sunday. The World Federation for Mental Health has decided that the theme this year will be 'Mental Health in an Unequal World'

The theme will highlight that access to mental health services remains unequal, as there are between 75% to 95% of people with mental disorders in low and middle income countries who are unable to access any mental health services, and access in high income countries is not much better. In this country, there are long waiting lists to access mental health support and inpatient beds and support units are very limited.

Many people with a mental illness not only experience difficulty accessing the treatment they deserve and to which they are entitled but also they and their families and carers, continue to experience stigma and discrimination. This in turn, has a negative effect on that person's physical and mental health, together with their educational opportunities, current and future earning and job prospects, and will also affect their families and loved ones.

Mental health does not just affect adults, and the recent Covid pandemic has had a huge impact on child and youth mental health. In the UK today, an estimated five children in every classroom are experiencing a mental health difficulty. YoungMinds is the UK's leading mental health charity specifically catering for children and young people. Their vision is that no young person feels alone with their mental health and their mission is to make sure that all young people can get the mental health support they need, when they need it, no matter what. At Shenley Academy, our students' mental health is at the forefront of everything we do and therefore recognising and celebrating National and International Mental Health Days is an important part of our academic calendar.

#HelloYellow Day is a day when YoungMinds encourage schools and workplaces to recognise and show support for young peoples' mental health by wearing yellow and having yellow themed events. At Shenley Academy, we encourage everyone, staff, students, and families to take part in our Hello Yellow Day on Friday 15<sup>th</sup> October.

Assemblies will explain to students what #HelloYellow Day and World Mental Health Day are about and will encourage them to become involved through tutor activities on the day and the following week. In tutor sessions, students will be encouraged to think about their own mental



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health and well-being and to think about how they can show small acts of kindness to others in the academy and wider community.

The yellow theme is a key part of the celebrations. By encouraging everyone to wear something yellow it is a way for us all to show support for each other and to demonstrate to young people that they are not alone with their mental health difficulties and that there are people to talk to and places they can get help.

**On Friday 15<sup>th</sup> October**, students are encouraged to come into school wearing something yellow. This can be a yellow bow, hairband, wristband, socks, cap, earrings or even doodle boppers. **Please be aware that normal school uniform must be worn but students are encouraged to accessorise with something yellow to show their support for the day.**

It would be wonderful to see flashes of yellow everywhere around the academy on Friday and for all our students to take part.

You can find further information about World Mental Health Day and #HelloYellow at the links below.

<https://www.youngminds.org.uk/>

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

As always, if you would like to discuss any of the above then please do not hesitate to get in touch with the school at [shenley.enquiry@e-act.org.uk](mailto:shenley.enquiry@e-act.org.uk)

Kind regards,

Tracey Corbett-Lees  
Shenley Academy Mental Health Lead

