



The Rosehill School

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The Rosehill School Association is a Registered charity: Number 1027545

Wednesday 1st October 2025



Dear Parents and Carers,

Wear something yellow on Friday 10th October 2025

We are fighting for young people's mental health and we are asking you to join our fight.

On **Friday 10th October** our whole school will be celebrating **#HelloYellow** day; whether your child wears a subtle splash of colour or dresses like a sunshine from head-to-toe, together we can show young people they are not alone with their mental health.

Young Minds is an organisation working towards securing a future where all young minds are supported and empowered, whatever the challenges. They are supporting young people with building their resilience in order to overcome life's difficulties.

As a school, we will be taking part in a variety of activities that will encourage mindfulness and relaxation, as well as how to manage our feelings and emotions.

We would be grateful if you are able to donate any spare change so that together we can change the future for our children and make a difference! For more information, please access: <https://youngminds.org.uk/>

Your donations mean that Young Minds can continue with the amazing work they do to help support the lives of young people. Here's some of the incredible things that your donation supports:

- ♥ **Supporting young people** – our online information and advice have been empowering young people to understand their mental health and has been viewed over 1.5 million times over the last year.
- ♥ **Parents Helpline** – over 15,000 parents and carers have received free, confidential guidance from our expert advisors about their child's mental health online and over the phone over the last year.
- ♥ **Missing the Mark** – exams are one of the biggest pressures young people face. They're taking a serious toll on their mental health. With the Government reviewing how school assessments work, now's the time to push for change. YoungMinds Activists spoke directly with 68 MPs and decision makers at our parliamentary event in June.
- ♥ **Celebrating diverse stories** – we've been featuring real and honest stories rooted in the experiences of Black Disabled, Queer Disabled and Young Muslim content creators.
- ♥ **'What's on YoungMinds?' podcast** – our podcast by and for young people has been shedding light on the challenges and triumphs of young people looking after themselves, getting support and finding joy along the way.

Please send donations into school clearly labelled 'Young Minds' or you can donate by clicking our [Just Giving Page](#). Thank you for your ongoing support, and we look forward to sharing with you the total raised.

Kind regards

Rosehill Wellbeing Champions

