



BROOKVALE GROBY LEARNING CAMPUS

Valuing Everyone, Achieving Excellence

Will Teece, Headteacher

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Dear Parents/Carers,

I hope this message finds you well. We are excited to announce that this year our campus is participating in the celebration of World Mental Health Day on Thursday 10th October. It's a day dedicated to raising awareness about mental health and promoting wellbeing among our students and staff.

To mark this important occasion, we're encouraging all students to wear a little bit of yellow alongside their normal school uniform on October 10th. Yellow is not only a vibrant and cheerful colour but also a symbol of hope, positivity, and optimism – qualities that are essential for good mental health. Students could wear yellow socks, shoes, tights, hair ties, neck ties etc.



- In addition to wearing yellow, we invite students to contribute £1 to support Young Minds, a charity dedicated to mental health awareness and support. These contributions can be made in cash to tutors or through Arbor. Every little bit helps, and together, we can make a meaningful impact in the lives of those who need it most.
- Our goal is not only to raise funds but also to start conversations about mental health, reduce stigma, and emphasise the importance of looking after our wellbeing. We believe that by coming together as a school community, we can make a positive difference. We'll have activities throughout the day, educating students about mental health and careers in mental healthcare.

If you have any concerns about your child's mental health please reach out to either myself, your child's tutor or Head of Year. Our website has some excellent information about mental health here: <https://brookvalegroby.com/student-wellbeing/> and we have excellent in-school support such as mindfulness, mediation, group sessions, Big Brothers & Big Sisters, and training for wellbeing ambassadors.

Let's make World Mental Health Day a day of unity, understanding, and support. Together, we can create a more compassionate and mentally healthy environment for everyone.

Thank you for your participation and support. We look forward to seeing the sea of yellow on October 10th!

Warm regards,

Vicki Varney
Assistant Headteacher
Senior Mental Health Lead at Brookvale Groby Learning Campus