



**Cottingley
Village**
Primary School

Headteacher: Kirsty Hutchinson

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1st October 2025

Dear Parents/Carers,

World Mental Health Awareness Day is on Friday 10th October and we will be having our traditional HELLO YELLOW DAY! At Cottingley Village Primary School we put an emphasis on looking after our mental health and encourage our children to speak openly about their feelings.

To celebrate the day, we are inviting the children to dress in yellow. Each year group will be shown an age-appropriate video about mental health and will have a little task to complete. We will also be having our 'Count the Flags' competition again with prizes!

We look forward to seeing a sea of yellow on the day!

And, as always, I am available to chat about any worries you may have regarding your child's mental health.

Yours sincerely,

Mrs Sarah Demain
Mental Health Lead.