



Midhurst Rother College

The best in everyone™

Part of United Learning

5 October 2022

Dear Parent/Carer

Wear Something Yellow Day: Friday 14 October

Hundreds of thousands of young people are struggling with their mental health – and too often they cannot get support when they first need it.

Next week we are showing our young people, and their carers, that they are not alone with their mental health. We will be raising funds for Young Minds, a charity which focusses on making mental health support easily available to teenagers.

On Friday 14 October we will be wearing something yellow to show our awareness and concern for young peoples' mental health. College students will replace one item of their uniform with a yellow alternative. This is not an own clothes day. For instance, yellow shirts, socks, hair ties and hair bands, shorts, jumpers and trousers are all acceptable.

There will also be:

- Yellow cakes for sale in the canteen
- A photobooth for instant pictures with friends (£1 each)

A donation of £5 will help young people find peer support for their mental health difficulties.

A donation of £10 will put a trained advisor on a helpline for worried parents.

A donation of £30 provides a one-hour consultation for a parent or carer with a qualified mental health professional to provide clinical advice and guidance.

A dedicated Midhurst Rother College JustGiving Site will be on our website next week or scan this QR code with your phone to find our page. There is no pressure to give but if you can your contribution will be hugely appreciated.



Yours sincerely

Mr P Thompson
Director of Welfare



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