



Northmore Road  
Park Gate  
Southampton  
Hampshire  
SO31 6LX  
Tel: 01489 575444

Email: [adminoffice@parkgate.hants.sch.uk](mailto:adminoffice@parkgate.hants.sch.uk)

Headteacher: Ms Cara Newman NPQH, MSc, PGCE, BA (Hons)

**Success for All**

Tuesday 30<sup>th</sup> September 2025

**#Hello Yellow**  
**Friday 10<sup>th</sup> October 2025**



Dear Parents and Carers,

We are delighted to let you know that our school will be taking part in #HelloYellow on Friday 10<sup>th</sup> October 2025, in support of World Mental Health Day and the charity YoungMinds.

Hello Yellow is a national campaign that encourages children, staff, and families to wear something yellow to show young people they're not alone with their mental health. It's a fun and meaningful way to raise awareness and promote positive mental wellbeing in our school community.

What will our day look like?

*Wear Yellow:* Children are invited to wear yellow clothing or accessories. This could be a yellow t-shirt, socks, hairband, or even a homemade badge! If your child does not want to wear yellow, they should wear school uniform as usual. They are welcome to add a yellow accessory.

*Activities:* Throughout the day, children will take part in age-appropriate activities focused on mental health, kindness, and emotional wellbeing.

*Fundraising:* We kindly ask for a voluntary donation of whatever you can give to support YoungMinds, who work tirelessly to improve mental health support for children and young people across the UK. We have set up a YoungMinds donation page, so please follow the link or use the QR code to make a donation if you can:

<https://fundraise.youngminds.org.uk/s/4979/4981>

The world can be a challenging place for children to grow up in, and many young people are feeling the pressure. Hello Yellow is a chance to show them that they're not alone, and that together we can make a difference.

Let's come together in yellow and make this day bright, positive, and supportive for all our children.

Thank you for your continued support,  
Kind regards,

Cara Newman  
Headteacher

