



Monday, 7th October 2019

OWN CLOTHES DAY – WORLD MENTAL HEALTH DAY

Dear Parent / Carer

I write to inform you that this **Thursday 10th October 2019** will be a non-uniform day to raise awareness of World Mental Health Day. We will be sharing the donations with the charity 'Young Minds' and supporting mental health awareness initiatives here at Friesland. Students will need to pay £1 for the privilege of not wearing their normal school uniform on the day.

We are asking students if possible to wear something yellow, but this is not essential and there is no need to purchase special items for this event.

Please note that as is always the case on non-uniform days students will not be allowed to wear any tee-shirts/tops with offensive slogans on or any clothing or footwear that might constitute a health and safety risk in a workshop or be deemed as inappropriate for school. Use of hair colour (yellow or otherwise) is not appropriate for this non-school uniform day. .

As always I would emphasise that we expect the very highest standards of behaviour from students on Thursday. Please ensure that your son/daughter comes to school with all the equipment and books they require for the day.

Further information about young people's mental health can be found at www.youngminds.org.uk. Or if you have any concerns about your child, please contact your child's form tutor in the first instance.

Yours sincerely

Mr P Monk - Headteacher

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