# Hello Yellow

On Tuesday 10th October, St Oswald's CE Primary pupils were shining bright in their yellow clothing to support the 'Hello Yellow' campaign on behalf of Young Minds. School Council organised for pupils in school to come dressed in anything yellow, whether it be socks, trousers or even a headband. Across the school, classes participated in activities organised by School Council to raise awareness of World Mental Health Day.

We learn a lot about keeping our bodies healthy but today was all about focusing on how to keep our mind healthy and the importance of this. In class, we took part in various activities such as listening to stories. For example, Ruby's Worry and Silly Billy were shared in class story times. Collective Worship in each phase focused on the importance of our mental health and how we look after ourselves. Throughout the day, some children made positivity jars focusing on what they should be celebrated about themselves. Lots of children also had yoga sessions with their teachers which helped teach about breathing techniques and how to cope with stressful situations.
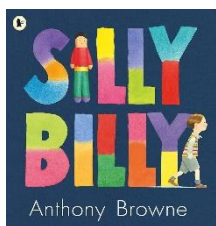
Our vision of 'Learning for all, caring for each other, preparing for the future' is the essence of St Oswald's CE Primary but in particular on World Mental Health Day, the care pupils showed for one another was heart-warming.
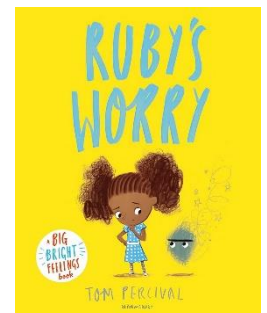
Mrs Griffiths and St Oswald's School Council