



HECKMONDWIKE GRAMMAR SCHOOL

JOA/TCC

1 October 2026

Dear Parents and Carers,

Black History Month and World Mental Health Day

During October, we will be marking two important opportunities to educate, celebrate and raise awareness across our school community: Black History Month and World Mental Health Day.

I wanted to share some of the activities we have planned, as well as provide an overview of the wider work that will continue throughout the year.

Black History Month

Throughout October, students will have a range of opportunities to engage with and celebrate Black History Month.

Our planned activities include:

- Student-led assemblies for each year group, delivered by students, exploring Black history and its importance.
- On Wednesday 7 October, students will take part during form time in the National Black History Month Live Assembly. Year 7 will be unable to participate as they will be attending their residential.
- From Monday 19 October, our dining hall will feature a range of dishes inspired by African and Caribbean food traditions as part of the celebration.
- On Friday 23 October, we will hold a Black History Month celebration event at lunchtime in the Middle Yard. Students will be able to enjoy music and a range of activities.
- As part of our celebrations, students will contribute to the creation of a mural in school, providing a more permanent reflection of the month.
- Displays in Swann Hall and on our digital screens around school will celebrate the lives, achievements and contributions of Black people.

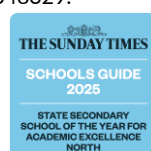
We hope that these activities will provide opportunities for students not only to celebrate Black history and culture, but also to deepen their understanding of its significance and relevance today. Whilst this month spotlights the importance of all cultures, our academic curriculum's personal development offer, and values ensure this is something at the heart of our school throughout the academic year.

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World Mental Health Day and Hello Yellow

We will also be acknowledging World Mental Health Day and Hello Yellow this October.

From Monday 5 October, students will be able to make a £1 cash donation in return for a yellow ribbon, which can be worn on the lapel of their school uniform. Ribbons will be available from the Pastoral Office, and some of our Year 12 Wellbeing Ambassadors will visit forms throughout the week for students to purchase the ribbons.

On Friday 9 October, we would also like to encourage students to wear something yellow alongside their normal school uniform. This could be something as simple as yellow socks, a yellow hair accessory or another small yellow item. Students should still attend in full school uniform, but we hope these additions will help us raise the profile of mental health and encourage positive conversations across the school community. For those students at Bewerley Park on Friday 9 October, we encourage them to wear some yellow clothing when completing their activities.

While World Mental Health Day provides an important opportunity to raise awareness, our work to support mental health and wellbeing is not limited to one day or one week. We intentionally spread this work throughout the school year so that wellbeing remains an ongoing focus for our students.

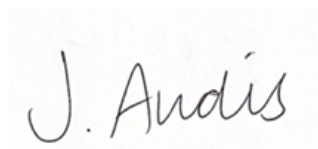
Later in the year, this will include:

- a dedicated wellbeing afternoon for students;
- activities and assemblies to mark Mental Health Awareness Week;
- participation in the national Time to Talk initiative, encouraging open and supportive conversations about mental health and wellbeing;
- regular wellbeing check-ins with students each half term;
- our anti-bullying survey and associated work;
- the Report a Concern facility available through the school website; and
- our comprehensive pastoral and mental health support systems for both students and staff.

We are proud of the range of opportunities available to our students and hope these activities help foster a school community in which students feel represented, valued and supported.

Thank you, as always, for your continued support.

Yours faithfully,

A handwritten signature in blue ink that reads "J. Audis". The signature is written in a cursive style with a large, looped 'J' and a clear 'Audis'.

Mr J. Audis
Assistant Head Teacher