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2nd October 2025

Dear Parents and Carers,

### **World Mental Health Day #HelloYellow – Friday 10<sup>th</sup> October 2025**

On Friday 10<sup>th</sup> October, we will be joining in with World Mental Health Day. This is an important opportunity for us to highlight the importance of looking after our personal wellbeing and celebrating kindness, teamwork and community within our academy.

To mark the occasion, children are invited to wear something yellow for the day. This might be a T-shirt, a hairband, or even a pair of socks – just a small splash of yellow to show their support.

If you would like to, you can make a voluntary donation to help us support Healthy Young Minds using the link below.

<https://tinyurl.com/NJAHealthyYoungMinds>

Our aim is to raise £250 as an academy for this amazing charity, whose work supports children and young people facing challenges to their mental health. For taking on this challenge, we have been entered into a competition to receive a "Buddy Bench" for children to use during break and lunchtimes.

During the day, pupils will be taking part in a range of activities, including, English and whole class reading sessions with a focus on kindness and wellbeing as well as a collaborative art project in each class, which will be displayed to celebrate teamwork and a strong sense of community.

We hope that World Mental Health Day will be a meaningful and positive experience for all our pupils, helping them to understand the importance of looking after themselves and others.

Thank you, as always, for your continued support.

Yours sincerely,

Mr Riches  
Mental Health Lead