



NJA Wellbeing Week 2024

Happy – Healthy – Confident

Dear Parents and Carers,

We are delighted to announce the return of our Newquay Junior Academy 'Wellbeing Week', which will be held from **Monday 15th July – Friday 19th July 2024**.

What will 'Wellbeing Week' include?

A diverse curriculum

During the week, pupils will explore a variety of topics including emotional wellbeing, nutrition, team building activities and online safety.

This week also plays host to our NJA Olympics (Sports Days), Making Music Day, Diversity Day, and our annual academy Rainbow Run.

NJA Olympics (Sports Days)

In recognition of this being an Olympic year, each year group will be participating in their very own NJA Olympics. The pupils will rotate around a circuit of events and earn points for their class. We look forward to seeing members of our Newquay Junior Academy community cheering on our pupils at this event. Our fabulous PTA will be selling refreshments on these days.

If your child has a sibling at the academy and you would like them to watch their brother or sister in their NJA Olympics, please use the link below to let us know. They must be signed out and then returned via the Edge Hall by their parent/carer. Any pupils not signed out will be returned to class.

<https://forms.office.com/e/CWpiZqsuGF>

Year Group	Date	Time
3	Tuesday 16 th July	1.00pm – 2.55pm
4	Monday 15 th July	1.00pm – 2.55pm
5	Tuesday 16 th July	9.10am – 11.30am
6	Monday 15 th July	9.10am – 11.30am

*The front gates will be open for spectators ten minutes before the designated start time.

Making Music

On Wednesday 17th July, we will be having our first 'Making Music' Day. The day will involve **all** our pupils attending the Rocksteady Concert on our academy field (weather dependent), as well as exploring how music and sound can support our wellbeing. Pupils will be involved in writing lyrics that will go towards composing a NJA song. The day will culminate with music themed games!

Diversity Day

Diversity Day is on Thursday 18th July. The primary aim of the day is to develop the pupils' understanding of how we are all unique and diverse, so that they can support each other now and in the future.

The day will include a variety of activities and guest speakers. Our guest speakers will talk about their challenges, how they have overcome them, and how it's allowed them to build resilience.

Examples of activities on that day include:

Registration	Morning: Session 1	Morning: Session 2
Atmospherics – regulating emotion through our 5 senses	TR7 Skate – “learning through moving!”	Newquay Orchard – “Our diverse community”
Art Activities – “We all see and feel differently”.	The Heron Tennis Club – “Tennis on wheels!”	“My Diabetes story” and NHS diabetes nursing team
“Mindful Monkey” – meditation and regulation.	The Headland Hotel- “Inclusive employment and Down Syndrome Awareness”	Football for all – Newquay Girls Coaching Team
	Cornwall College “Dance and Sport Science”	Tennis for all abilities
	Imagine Outdoors – “Supporting neurodiversity through nature”	Street Dance workshop – “It’s better when we’re dancing...”
	Tretherras Pupils - “Our Diversity Stories”	Makaton ‘Sing and Sign’
		Ross Humphries – Mental Health Schools Team
		Trauma Informed Schools – Big Empathy Drawing

Rainbow Run

Diversity Day (Thursday 18th July) will culminate with an **optional** ‘Rainbow Run’, which is hugely exciting and results in lots of smiles, laughing and colour everywhere! During the run, the pupils will run around a course that’s marked out, they will pass through five powder-paint stations. At each station, a different coloured powder paint is thrown up in the air for the pupils to pass through. Please make a **£4 donation via Parent Pay** if you would like your child to participate. Please send in old clothes and old trainers (light clothes show the colours better) that can be worn during the run. You may wish for them to bring a bag to put these clothes into after, and clean clothes for them to change into after their run.

*The company we source the powder paint from states; ‘*The colour powder we use is made using corn flour. The colouring agents we use to colour the colour powder are E-number food additives; the same kind as those used in the European food industry*’.

How can you help?

- The week will be different to the structure the pupils usually experience. We appreciate your support in facilitating a change to our regular timetable. Please **see the itinerary below** to give you a one-stop guide to the week.
- If you provide snacks / lunchboxes for your child, please try, and include a variety of fruit and vegetables as this will help with the ‘healthy eating’ activities that will be explored during the week.
- Ask your child(ren) to share with you what they have been exploring in school.

Please contact the academy if you have any questions or require further information.

Thank you for your ongoing support in making Newquay Junior Academy a ‘happier and healthier’ academy.

Yours sincerely,




Mr C Hayes



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	Monday 15 th July	Tuesday 16 th July	Wednesday 17 th July <i>Making Music</i>	Thursday 18 th July <i>Diversity Day</i>	Friday 19 th July
Year 3	Wear academy uniform	<p>Wear PE KIT</p>  <p>Year 3 Olympics (Sports Day)</p> <p>1.00-2.55pm</p>	Wear academy uniform	<p>Wear academy uniform</p> <p>Rainbow Run</p> <p>*Participation is optional* (£4 payment via Parent Pay)</p> <ul style="list-style-type: none"> Bring in light coloured clothes and old trainers for the run (they will get covered in powder paint) Additional change of clothes for the end of the day and a bag for dirty clothes. 	Wear academy uniform
Year 4	<p>Wear PE KIT</p>  <p>Year 4 Olympics (Sports Day)</p> <p>1.00-2.55pm</p>	Wear academy uniform	Wear academy uniform	<p>Wear academy uniform</p> <p>Rainbow Run</p> <p>*Participation is optional* (£4 payment via Parent Pay)</p> <ul style="list-style-type: none"> Bring in light coloured clothes and old trainers for the run (they will get covered in powder paint) Additional change of clothes for the end of the day and a bag for dirty clothes. 	Wear academy uniform
Year 5	Wear academy uniform	<p>Wear PE KIT</p>  <p>Year 5 Olympics (Sports Day)</p> <p>9.10 – 11.30am</p>	Wear academy uniform	<p>Wear academy uniform</p> <p>Rainbow Run</p> <p>*Participation is optional* (£4 payment via Parent Pay)</p> <ul style="list-style-type: none"> Bring in light coloured clothes and old trainers for the run (they will get covered in powder paint) Additional change of clothes for the end of the day and a bag for dirty clothes. 	Wear academy uniform
Year 6	<p>Wear PE KIT</p>  <p>Year 6 Olympics (Sports Day)</p> <p>9.10 – 11.30am</p>	Wear academy uniform	Wear academy uniform	<p>Wear academy uniform</p> <p>Rainbow Run</p> <p>*Participation is optional* (£4 payment via Parent Pay)</p> <ul style="list-style-type: none"> Bring in light coloured clothes and old trainers for the run (they will get covered in powder paint) Additional change of clothes for the end of the day and a bag for dirty clothes. 	Wear academy uniform