



Healthy School & Wellbeing Newsletter

Spring Term 1 2022

Dear Parent,

This newsletter aims to keep you all up to date with the school's sport, physical activity, healthy lifestyle choices and wellbeing activities. If you would like to access a colour copy of this newsletter, it can be accessed on our Healthy School and Sports page on our website;

<http://droxfordjunior.co.uk/healthy-schools-and-wellbeing-news/>.

Athlete Visit

We're very excited to be welcoming Luke Delahunty to the school on Monday 14th March. Luke will be leading a sponsored fitness circuit with all pupils and follow-up with a talk and question and answer session for the school. The aim of the event is to inspire the pupils to be more physically active, but just as importantly to encourage them to discover and then pursue their passion in life.



The aim of the event is both to connect the pupils to an extraordinary athlete role model, and to raise money to improve physical activity for the school while also supporting GB athletes.

A percentage of the money raised from the sponsorships will be used to buy the school new sports equipment. You can sponsor your child online by using the following link.

<https://portal.sportsforschools.org/events/17690/promo>.

School Sport Events

It's been a brilliant half term with lots of children across the school participating in different competitions and festivals.

South Eastleigh and Winchester Basketball Competition - 18/01/2022

We had two teams compete at this year's basketball competition. Both teams showed great skill, teamwork and resilience. Well done to both teams who both came 1st in their groups, a brilliant achievement.



Swanmore Cluster Netball Rally - 07/02/2022

A brilliant afternoon of netball was hosted by Swanmore Primary. The tournament was participated by Swanmore, Wickham and St Johns. Our team finished first after winning every game without conceding a single goal. Winning this tournament has resulted in qualifying for the partnership event which will be held later this year.



South Eastleigh and Winchester Girls Football Competition - 08/02/2022

10 girls in year 5 and 6 participated in the partnership football tournament. The girls faced a tough group of Fair Oak A and Shamblehurst. The girls came out victorious against Shamblehurst 1-0. A 0-0 draw against Fair Oak meant the game was decided on a penalty shootout. Unfortunately, the girls were beaten but still qualified for the second group. The girls went on to beat both Freegrounds and Fair Oak B, to come first in their group. Again, well done to all the girls who played.



South Eastleigh and Winchester Year 3 Cricket Skills Festival - 15/02/2022

7 of our year 3's attended the partnerships cricket festival. The event was a fantastic experience for the children as they had the opportunity to work with coaches from Hampshire Cricket. The children tested their skills in 8 different skills games.



Cross Country

Congratulations to our cross country runners who have qualified for the county championships. Tilly, Sophie, Daisy, Milo and Christian will all compete in Basingstoke in the Hampshire Schools County Championships on Tuesday 8th March. We would like to wish them all the best of luck!

I'm also pleased to share with you that Tilly has also won the Olympia XC Cross Country Series at Swanmore Athletics club, well done Tilly we are all very proud of you.



Wellbeing

We've included a few things related to self-esteem here but if you'd like more information and ideas, Hampshire CAMHS (Child & Adolescent Mental Health Services) has some good short guides on their website <https://hampshirecamhs.nhs.uk/issue/body-image-self-esteem>.

It's worth knowing that parents and carers can find excellent videos, free workbooks and advice on just about every aspect of mental health for young people here. Please take a look and if appropriate, share with your child. Remember that some resources will be more suitable for children and others for teenagers.

And if you have any suggestions or top tips you'd like to share, please send them our way for inclusion next time.

Recommended App - Stop, Breathe & Think Kids : Focus, Calm & Sleep

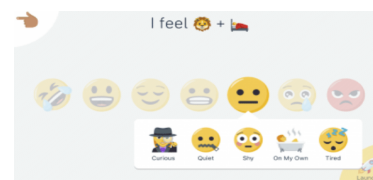
This app has been adapted from the popular one for teens and adults. Designed for primary school age children it features 15 short video missions each of which last between 2 and 8 minutes and help with identifying and managing emotions.



You can read a review of the app here:

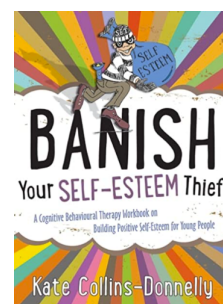
<https://www.commonsemmedia.org/app-reviews/stop-breathe-think-kids-focus-calm-sleep>

Commonsense Media is a great place to go when you want to check the suitability of any game, film or app for your child and consider what messages it might be sending them. If your child is struggling emotionally or socially it is even more important to do this.



Recommended book: Banish Your Self-Esteem Thief by Kate Collins-Donnelly

This book will help you change the way you think so that you feel good about yourself. Easy to read with activities, real-life stories and strategies that show you how to be happy with who you are.



PROUD TO BE ME

Self-esteem is how we feel about ourselves in general. People with good self-esteem are generally confident and accepting of themselves but most people will feel unsure or lack confidence from time to time, especially when trying something new. Here are a few top tips from Hampshire CAMHS:

- Focus on all the things that are special about you. There is only one you – be proud of who you are
- Be kind to yourself as you would to others
- It's important to share your ideas and it's ok to disagree, as long as it's done respectfully
- It's ok to make mistakes, keep trying new things
- Discover and develop your talents by joining clubs / new activities
- When you say "I can't do it" add in YET. Remember it takes time to learn new skills

FIVE FINGER POSITIVITY CHALLENGE

Every day, practice saying out loud five strengths and positive qualities you possess

eg. friendly, kind, helpful, creative, adventurous, brave, curious, tenacious, responsible, respectful, gentle, fair, loyal, honest, hopeful, generous, patient, cheerful (there are many more....)



You could adapt this and think of different things each day – five qualities that make you a good friend, five goals, five things that make you feel happy, five things you are proud of etc

Mindful March

Different things work for different people but see if you can find one thing from this list to try. If it feels good, remember to do it again. If not, try something else. Ask an adult to choose one thing as well and check if they have done it!

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Set an intention to live with awareness and kindness</p>	<p>2 Notice three things you find beautiful in the outside world</p>	<p>3 Start today by appreciating your body and that you're alive</p>	<p>4 Notice how you speak to yourself and choose to use kind words</p>	<p>5 Bring to mind people you care about and send love to them</p>	<p>6 Have a 'no plans' day and notice how that feels</p>	
<p>7 Take three calm breaths at regular intervals during your day</p>	<p>8 Eat mindfully. Appreciate the taste, texture and smell of your food</p>	<p>9 Take a full breath in and out before you reply to others</p>	<p>10 Get outside and notice how the weather feels on your face</p>	<p>11 Stay fully present while drinking your cup of tea or coffee</p>	<p>12 Listen deeply to someone and really hear what they are saying</p>	<p>13 Pause to watch the sky or clouds for a few minutes today</p>
<p>14 Find ways to enjoy any chores or tasks that you do</p>	<p>15 Stop. Breathe. Notice. Repeat regularly</p>	<p>16 Get really absorbed with an interesting or creative activity</p>	<p>17 Look around and spot three things you find unusual or pleasant</p>	<p>18 If you find yourself rushing, make an effort to slow down</p>	<p>19 Appreciate nature around you, wherever you are</p>	<p>20 Focus on what makes you and others happy today <small>dayofhappiness.net</small></p>
<p>21 Listen to a piece of music without doing anything else</p>	<p>22 Notice something that is going well, even if today feels difficult</p>	<p>23 Tune into your feelings, without judging or trying to change them</p>	<p>24 Appreciate your hands and all the things they enable you to do</p>	<p>25 Focus your attention on the good things you take for granted</p>	<p>26 Choose to spend less time looking at screens today</p>	<p>27 Cultivate a feeling of loving-kindness towards others today</p>
 <p>28 Notice when you're tired and take a break as soon as possible</p>	<p>29 Choose a different route today and see what you notice</p>	<p>30 Mentally scan your body and notice what it is feeling</p>	<p>31 Discover the joy in the simple things of life</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Where to go if you need more support and advice

Childline 0800 1111 / www.childline.org.uk/kid

Young Minds Parents Helpline 0808 802 5544 / youngminds.org.uk

www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health

<https://www.annafreud.org/parents-and-carers>

<https://hampshirecamhs.nhs.uk>

With many thanks for all your continued support and positivity,

Duncan Banham
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Droxford Junior School

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