



Healthy School & Wellbeing Newsletter

Summer 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/>.

Year 5 Residential Week

Well done to all of our Year 5's who participated in their residential week. The week started with a problem solving day. The day tested the children's tenacity, curiosity and creativity, as they were faced with different challenges to complete in their groups.

The rest of the week at the Andrew Simpson Watersport Centre where the children were taught how to sail as well as getting the opportunity to try other water activities such as paddleboarding and kayaking. The children got some well deserved rest and stayed away for 3 nights at Fort Purbrook. The children demonstrated a great attitude and represented the school brilliantly. Well done to all of the Year 5's, we are very proud of you.



School Sport Events

Cricket Country Cup Group Stages - 26/04/2022

The team were in a tough group with Crescent and St Bedes. The team finished second and have now qualified for the quarter finals, where they will play Springhill on Monday 13th June.

South Eastleigh and Winchester Netball Finals - 10/05/2022

After winning the cluster netball event, the team qualified for the South Eastleigh and Winchester partnership event. The team played really



well, coming second overall. I am very proud to say the team have qualified for the Hampshire Games, where they will play against the best teams in the county. We all want to wish the team the best of luck.

Swanmore Cluster Rounders Tournament - 17/05/2022

The team improved every game they played during this year's rounders event. Another great result for Droxford as they finished runners up. Congratulations to the team.

South Eastleigh and Winchester Quad Kids Competition - 24/05/2022

The Quad Kids consists of the team participating in four different events; 100m sprint, 800m, standing long jump and a vortex throw. The team recorded some impressive scores and finished 6th out of 15 teams.



Fun Farm Friday

As a well earned treat after a tough week of SATs, Year 6 were taken for a day out at Corhampton Farm. The day was enjoyed by all as they explored and enjoyed playing in the woodlands. Activities included den building, nature hunts and various wide games. Well done to Year 6 for getting through the week.

Sports Day

I'm excited to confirm that Sports Day this year will be held on **Wednesday 22nd June**. After a couple of Years of having adapted sports day we are looking forward to business as usual and hosting a day of fun, competition and skill. More details will be sent home after half term so make sure to look out for these.



Upcoming Holiday Clubs

This May half term will see the first of two new holiday clubs. A Football Games Day hosted by myself and Performing Arts Fun held by our dance teacher Dawn Watmore. For more information please contact me on d.baham@droxford.hants.sch.uk.

MAY HALF TERM HOLIDAY CLUB
Join us for a whole day of fun!
Football Games Day OR Performing Arts Fun
you decide!

 Droxford Junior School
Monday 30th May
9am - 3pm
£25 per child



FOOTBALL GAMES DAY



Love football?
Join us for an action packed day of

- Small sided games
- Tournaments
- Free kick challenges
- Penalty shoot outs
- Skill stations
- And much more...

PERFORMING ARTS FUN



Calling all dance lovers!
Join us for a day full of FUN!

- Learn cool new dances & moves to all the latest hits
- Sing along to the best songs
- Join in with our themed games & craft activities

All whilst having fun and making new friends!

Booking your place is easy!
Simply choose which club you'd like to attend and fill in the booking form by scanning the appropriate QR code found here and we'll see you there!

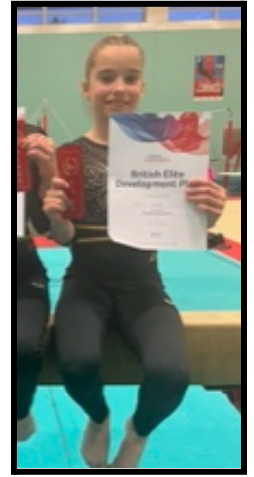
 

More great news...



We are incredibly proud to tell you that on the 15th May, Tilly came second in the Hampshire County Championships in the U13 girls 1500m. Well done Tilly, keep up the great work!

Eleni has been working incredibly hard with her gymnastics, she recently attended the South Region Compulsory Grades competition, competing at Compulsory 4 level against all the other Elite South Region gymnasts. Representing Portsmouth Gymnastics Club with 2 of her other team mates. She passed with 56.85 points out of a possible 70 and placed 5th on the floor. She placed 9th overall and scored the highest for her club PGC. Well done Eleni!



Wellbeing

It's normal to feel a bit tired at this point in the year so here are a few ideas to keep you feeling positive all the way to the summer holiday. We hope you enjoy them.

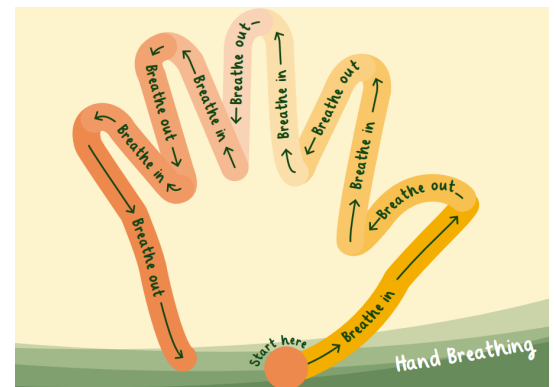
3 good things – a happiness journal

You could make a book, fill a jam jar or use the 3 good things app but the idea is the same, to spend a few moments each day noticing 3 things that have gone well, no matter how small and note them down in words or pictures. See if you can do this every day for a week, pretty soon it will become a habit and you will feel better for it.

Relaxation exercise

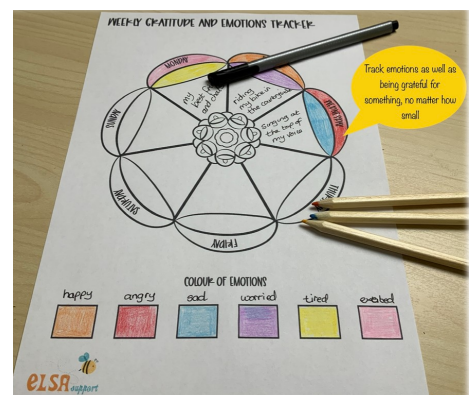
Noticing our breathing is a good way of slowing ourselves down and staying in control of our emotions. Practise when you're calm, it should feel good and will mean you're more likely to do this when you're upset.

Hold out one hand and slowly follow its shape with a finger from the other hand, breathing in as you go up the finger and out as you come down. Do this several times and notice how you feel.



Emotion Tracker

A simple activity to colour your emotions over one week and maybe share with someone you trust. Choose 6 emotions that you commonly feel and colour code them. Remember it is ok and normal to experience difficult feelings such as worry, anger and sadness sometimes.



Each day colour the mandala to reflect the emotions you've experienced, you could also write down something that went well in the centre. When we stop and notice our emotions we are more likely to think about how to manage them and ask for help if we need it.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/09/Weekly-gratitude-and-emotions-tracker.pdf>

Empathy Day : Thursday 9th June

Empathy is the ability to imagine and share someone else's feelings. It motivates us to help others, make positive changes and boosts our resilience. Like a muscle, empathy will grow the more you use it and reading is a brilliant way of doing this as you put yourself in the characters' shoes and experience their feelings as if they were real.

On 9th June, EmpathyLab will be running an online festival of fun empathy boosting activities. You can listen to some of your favourite authors, draw with Rob Biddulph or get tips on creating a great comic strip.

Families can download an activity pack here

<https://www.empathylab.uk/family-activities-pack-2022>



Action for Happiness Calendar: Meaningful May

1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

Can you do at least one thing from the calendar?

"Look for something positive in each day, even if some days you have to look a little harder."

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
PE & Sports Coach
Droxford Junior School

Lucia Smith
ELSA (Emotional Literacy Support
Assistant)
Droxford Junior School

Sandy Atwal
SENCO (Maternity Cover)
Droxford Junior School