



Healthy School & Wellbeing Newsletter

Summer Term 2 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/>.

Sports Day

It was brilliant to have sports day running as usual this year. We were blessed with a scorching day and the children did brilliantly in the heat. Congratulations to team India, who came out victorious in the morning skill challenges and Brazil who won the Governor's Award for demonstrating brilliant teamwork and cooperation. Well done to everyone who competed in the afternoon races. It was great to see so many supporters, thank you everyone for making sports day such a success - including Mick Baugh for some brilliant photos!



School Sport Events

Netball Hampshire County Cup Finals - 06/06/2022

Well done to the netball team who came second in a very tough county competition. The team lost one game to a very strong Marchwood team to come runners up in the group, narrowly missing out on the final round. Well done everyone, a brilliant achievement.



South Eastleigh and Winchester Boys Cricket - 07/06/2022

Winners! A great display of skill and teamwork saw the boy's cricket team win this year's partnership event. Going through the group stage unbeaten saw the boys go through to the final. By beating Fair Oak in the final, the team qualified to play at the Ageas Bowl. Well done boys, this opportunity was fully deserved.



South Eastleigh and Winchester Girls Cricket - 14/06/2022

Our girls' team came second in the tournament. The girls just missed out on the finals at the Ageas Bowl by just 10 runs. This was the first tournament for many of the girls, so this was a very impressive start for them - great work girls!



Hampshire Cricket County Cup Quarter Finals - 15/06/2022

After qualifying for the quarter finals the boys played Springhill. Missing a few of our more experienced players gave some of our younger players the opportunity to play. The team played really well but unfortunately were just beaten.

South Eastleigh and Winchester Boys Football - 21/06/2022

A scorching hot day made tricky conditions for the boys football tournament, however, the boys all played brilliantly and won all their games! Well done boys, the school is very proud of you.



Cricket Hampshire County Finals - 27/06/2022

The cricket team did amazingly to qualify to play at the Ageas Bowl. Unfortunately, we arrived on a morning of heavy downpours which meant the tournament had to be cancelled. As frustrating as this was, the team got to practice under the stands, meet some of the players and even get a quick photo on the pitch.

South Eastleigh and Winchester Quidditch - 28/06/2022

This was a brand new event this year. The sport tests players' coordination as they move around on their broomstick, throw and catch the quaffle and catch the snitch. After some brilliant feedback, we are now looking to introduce this into our school.



South Eastleigh and Winchester Year 4 Multi-Sports - 05/07/2022

7 children from year 4 participated in dodgeball, ultimate frisbee, tri-golf, frisbee golf and quidditch. The event tested the children's skills which they had to adapt during each game. They all represented the school brilliantly showing brilliant sportsmanship, congratulations to the team.

Year 3 Camp

On Thursday 23rd June the Year 3's camped on the school field overnight. This is a big step for the children as it's the first time many of them have stayed away from home, especially sleeping outside. The evening saw the children enjoy various activities including toasting marshmallows around our new firepit. The children demonstrated tenacity and responsibility during the camp and their nature learning walk the following morning - a huge well done to all of Year 3!



Summer Holiday Clubs

Don't miss our holiday clubs running over the summer. After the success of the clubs in half term we will be running more Football and Performing Arts days. These will run on 16th, 17th and 18th August.

To book please follow the following links;

Football Games Day - <https://forms.gle/GTf4STsnLfG3VQzZ8>

Performing Arts Fun - <https://forms.gle/n4TE86wjkt9fySiT7>

For any other enquiries please contact me on d.banham@droxford.hants.sch.uk.



Summer Club 2022

Looking for something different this Summer...
Come and join us at The Dance Box for 1, 2, 3 or 4 jam packed days of FUN!

Day 1 22nd July	Day 2 16th August	Day 3 17th August	Day 4 18th August
Pop Party What better way to start the holidays than with our Pop Party. A whole day singing and dancing to your favourite pop tunes. Not forgetting our games and craft activities to keep you entertained all day long!	TikTok Crazy Want to learn the latest TikTok moves? Then this day is for you! Learn all the current crazes and more at our TikTok Crazy day. Of course they'll be games and craft activities throughout the day too!	Movie Madness From Encanto to Sing, Descendants to The Incredibles, we'll be learning routines to songs from all your big screen faves at our Movie Madness day! Of course our favourite games and crafts will be back to keep you busy too!	Chart Hits We'll be finishing up our Summer Club '22 with a day of Chart Hits. Themed games and crafts with routines and songs from all the latest hits you hear on the TV and radio! Time to become your favourite music star for the day!

Droxford Junior School
(SO32 3QR)
22nd July
16th, 17th, 18th August
9am - 3pm

Age 5-11
£25 per day per child

To book your space simply scan our QR code below, complete the booking form and we'll see you there!



hellothedancebox@gmail.com
@_thedancebox
The Dance Box

Football Games Days

Don't miss our games days on this Summer 2022!

22nd July
16th, 17th & 18th August



Xtra Active

To book scan the QR code
Phone: 07775865153

Ages 7 - 11
9:00am until 3:00pm
£25 per day

Luke Delahunty Visit

Thank you to everyone for your generosity and support with the athlete visit earlier this year. I am pleased to inform you that we have managed to get lots of new sports equipment with the money that we raised. The new equipment will enhance the children's learning experience and positively impact PE and School Sport.

Our new equipment included;

- Hoops
- Dodgeballs
- Tennis balls
- Size 3 footballs
- Size 4 footballs
- Cricket windballs
- Tennis nets
- Rounders bats
- Rounders balls
- 4 sets of Tag rugby belts
- Tennis rackets
- Hockey sticks
- Beanbags
- Stopwatches
- Cones
- Cricket tees
- Aeroballs
- Pump adaptors

Autumn Term 2022 After School Clubs

You can now book onto clubs for next year! Please see below the clubs we have on offer.

Follow the link to book your child a place - <https://forms.gle/ndbkb2dyFVf6BmtN8>.

Day	Club	Lead	Location	Available to				Cost
				Yr3	Yr4	Yr5	Yr6	
Monday	Dodgeball	Mr Banham	Hall	✓	✓	✓	✓	£78
Monday	Debating Club	Mr Dampier	Exton Base	✗	✓	✓	✓	Free
Tuesday	Film Club	Miss Kirby	Meonstoke Base	✓	✓	✓	✓	Free
Wednesday	Year 3/4 Football	Mr Banham	Field	✓	✓	✗	✗	£84
Wednesday	Musical Theatre	The Dance Box	Hall	✓	✓	✓	✓	£78
Thursday	Year 5/6 Football	Mr Banham	Field	✗	✗	✓	✓	£84
Thursday	Dance	The Dance Box	Hall	✓	✓	✓	✓	£78
Friday	MultiSport	Mr Banham	Hall/ Field	✓	✓	✓	✓	£72

On top of these clubs we have a new after school childcare club starting in September. The club will run Tuesday, Wednesday and Thursday from 3:30pm - 6:00pm. It is possible for children to attend these after school clubs until 4:30 then go onto Active8 Minds afterwards. Please note that all bookings for this club are taken directly from Active8 Minds at www.active8minds.co.uk.

If you have any questions about any of the after school clubs, please feel free to email clubs@droxford.hants.sch.uk.

School Games Kitemark

I am pleased to announce we have retained our Gold Kitemark for our provision of PE and School Sport. This is an accolade awarded by the Sainsbury's School Games and is recognised by OFSTED for all the hard work we have put in this year. We have now held this status since 2017 and something we are incredibly proud of.



Wellbeing

The summer holiday is almost here and I think everybody is ready for it. We hope you will have a good rest and some lovely times with your family but remember that many parents will be trying to juggle everybody's needs with their own work and if you can help out with jobs, have a few projects to work on and be kind to those around you it will make a big difference.



We've included a few ideas for you and your families to get through the holiday and feel prepared and positive about changes in September. Hopefully there will be something here that you like and find useful.

Selfcare Summer Activity Book

Free to download from the Mentally Healthy Schools website, this booklet will help children to work out the things that help them to feel good and stay strong.

There are 25 creative challenges for you to choose from here and you can share your projects online on certain days in the holiday. Fun, simple and calming – no special equipment or adult input needed.

<https://www.mentallyhealthyschools.org.uk/media/2080/final-selfcaresummer-primary.pdf>



Summer holiday survival for parents/carers

A few tips for families on routines, rewards, activities and healthy eating during the holiday:

<https://www.guidetolife.co.uk/summer-break-wellbeing/>

Supporting transition

We all cope with change differently and while it's important to listen to any concerns your child may have, trying to be positive about the new opportunities, experiences and people will help your child to feel positive too.

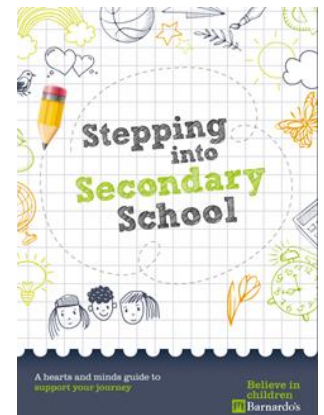
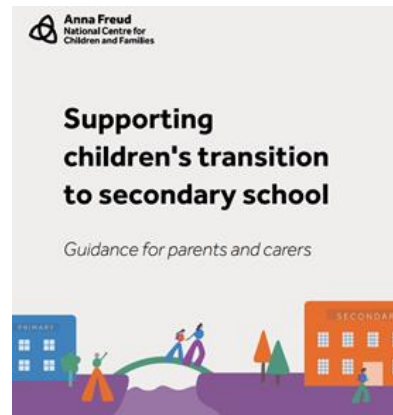
For those moving on to secondary, you may like to take a look at this handy little workbook from Barnardo's. It covers how to get organised, how to take care of yourself, what helpful and unhelpful friendships might look like, common hopes and worries and top tips from year 7s.

You can download it free here:

https://www.educators-barnardos.org.uk/media/db5by2p3/barnardo_s_y6_transition_guide_-_stepping_into_secondary_school_final_version.pdf.pdf

More guidance for parents and carers can be found here:

<https://www.annafreud.org/media/13817/supporting-children-through-secondary-transition-final.pdf>



Action for Happiness Calendar: Jump back up July

"Do not judge me by my success, judge me by how many times I fell down and got back up again."

Nelson Mandela



Where to go if you need more support and advice.

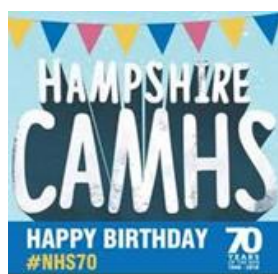
Childline 0800 1111 / www.childline.org.uk/kid

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

'Equipping our children with the knowledge and skills to navigate life successfully'