



Healthy School & Wellbeing Newsletter

Autumn Term 2022

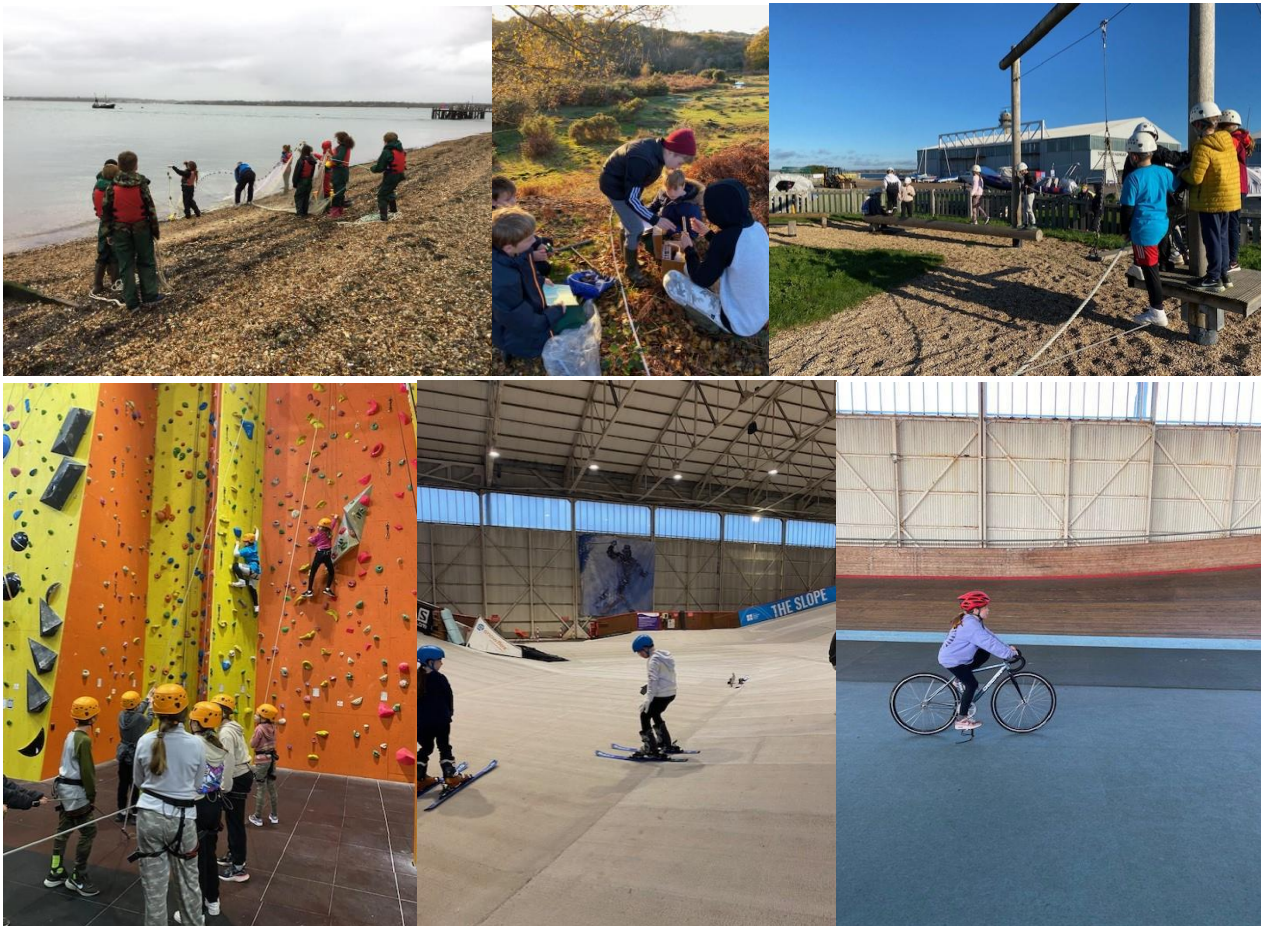
Dear Parent,

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;

<https://www.droxfordjunior.co.uk/page/?title=Healthy+Schools+and+Wellbeing+newsletters&pid=30>

Calshot

Our year 6's enjoyed an action packed week down at Calshot during November. The children were challenged in various activities such as climbing, velodrome, aero trek, skiing, ringo and archery, using their skills for learning to collaborate with each other. In addition to these activities children conducted different field studies to explore the calshot wildlife.



School Sport Events

It's been a brilliant half term with lots of children across the school participating in different competitions and festivals. Well done to all of you who have represented the school. We are very proud of you.

- South Eastleigh and Winchester U11 Boys Football Tournament - 20/09/2022
- South Eastleigh and Winchester U9 Dodgeball Festival - 27/09/2022
- South Eastleigh and Winchester U11 Dodgeball Festival - 04/10/2022
- South Eastleigh and Winchester U9 Cross Country Competition - 11/10/2022
- South Eastleigh and Winchester U11 Cross Country Competition - 18/10/2022
- Swanmore Cluster U11 Boys Football Tournament - 01/11/2022
- Swanmore Cluster U11 Girls Football Tournament - 08/11/2022
- South Eastleigh and Winchester U11 Table Tennis Tournament - 15/11/2022
- Swanmore Cluster U10 Dodgeball Tournament - 22/11/2022
- South Eastleigh and Winchester U11 Indoor Athletics - 29/11/2022



After School Clubs

All information on clubs for the Spring term have been released and can be found on the school website. Please ensure all payments have been made as failure to do this will result in your child losing their place. If you have any queries regarding an after school club, please email clubs@droxford.hants.sch.uk.

Day	Club	Lead	Location	Available to				Cost	
				Yr3	Yr4	Yr5	Yr6		
Monday	Dodgeball	Mr Banham - Xtra Active	Hall	✓	✓	✓	✓	£60	BOOK
	Film Club	Mr Dampier	IT Suite	✓	✓	✓	✓	Free	BOOK
Tuesday	Gymnastics	Gymnastics with Alice	Hall	✓	✓	✓	✓	£66	BOOK
	Art Club	Miss Jones	Soberton base	✓	✓	✓	✓	Free	BOOK
Wednesday	Year 3/4 Football	Mr Banham - Xtra Active	Field	✓	✓	✗	✗	£72	BOOK
	Musical Theatre	The Dance Box	Hall	✓	✓	✓	✓	£72	BOOK
Thursday	Year 5/6 Football	Mr Banham - Xtra Active	Field	✗	✗	✓	✓	£72	BOOK
	Dance	The Dance Box	Hall	✓	✓	✓	✓	£66	BOOK
Friday	MultiSport	Mr Banham - Xtra Active	Hall/ Field	✓	✓	✓	✓	£66	BOOK

Christmas Holiday Courses

Don't miss our holiday clubs running over the Christmas Holidays. These will run on 19th and 20th December. For more details please email clubs@droxford.hants.sch.uk.



DANCE WONDERLAND

 Monday 19th and Tuesday 20th December

 9am - 3pm

 Droxford Junior School

Start your Christmas Holiday with 1 or 2 days of **FESTIVE FUN** with The Dance Box!

Both our days will be completely different but there is sure to be Christmas themed DANCES, GAMES, CRAFTS & FUN to keep you busy & get you excited for the big day ahead!


Book your place now by scanning our QR code!

£25 per child

 Ages 5 - 11



 @_thedancebox_

 @hellthedancebox

 hellothedancebox@gmail.com

Football Games Days

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

19th & 20th December





Ages 7 - 11

 9:00am until 3:00pm

 £25 per day



To book scan the QR code

 Phone: 07775865153



Wellbeing

Well it's Christmas, so this time it's all about love, kindness and happiness. We hope you'll find something here you like and that you'll do your best to focus on what's important and what you can do to help brighten someone's day.

Books, books, books




Looking for some gift inspiration? Scientists say that reading builds empathy, the ability to understand and share the feelings of someone else. For some great empathy-building book recommendations head over to the Empathy Lab to see which books they've picked out in 2021. And let us know if you've got any suggestions that didn't make it onto the list! <https://www.empathylab.uk/2021-read-for-empathy-collections>



How do you show love to others?

There are thought to be 5 different ways we show and receive love. Do you know what makes you feel most loved? Do you know the ways others feel loved? As a family, you might like to take the quiz and find out the answers. What do you prefer and how can you make sure the people around you feel loved this Christmas? Ask an adult at home if they will look at this with you:





<https://www.5lovelanguages.com/quizzes> I found out that it's all about acts of service and kind words for me. Now I get a cup of tea in bed every Saturday.... ☐

Love Language	How to communicate	Actions to take
 <p>Words of Affirmation</p>	<p>Encourage, affirm, appreciate, empathize, compliment. Listen actively</p>	<p>Say I love you Write notes saying you are proud of them. Praise them in front of others. Be specific in your praise</p>
 <p>Physical Touch</p>	<p>Non-verbal - use body language & touch to emphasize love.</p>	<p>Hold hands, give hugs, pats on the back. Read stories together Give family group hugs</p>
 <p>Receiving Gifts</p>	<p>Gifts & gestures show that you are known, loved and cared for.</p>	<p>Give thoughtful gifts & gestures. Small things matter in a big way. Express gratitude when receiving a gift.</p>
 <p>Quality Time</p>	<p>Uninterrupted and focuses one-on-one time. Give undivided attention. Watch as they are playing.</p>	<p>Create special moments together. Make eye contact Pay attention to details Eat together as a family.</p>
 <p>Acts of Service</p>	<p>Use action phrases like "I'll help.." They want to know you're with them and there to help.</p>	<p>Do chores together. Work on projects together. Pick them up on time.</p>


Do Good December

The theme for this Action for Happiness calendar is kindness. It's Do Good December. Being kind to others not only makes them happy but it boosts your own happiness too. As Mark Twain, a famous children's writer once said: "The best way to cheer yourself up is to cheer someone else up." What will you do this month? Keep a record, take a picture and let us know.

December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Contact an older neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
			29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	

ACTION FOR HAPPINESS **Happier · Kinder · Together**



The jar of life

When you come to make your New Year's resolutions, maybe you can stop and think about what's really important to you and what will help you to have a brighter and better 2022. This short video from Hampshire CAMHS will take just under 3 minutes to watch and might help you to focus on the stuff that matters:

<https://youtu.be/sM0ai96PdS0> Ask an adult to watch it with you and if you have a teenage brother or sister make sure they watch it too.



Where to go if you need more support and advice

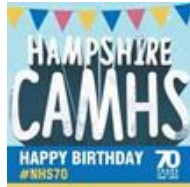
Childline 0800 1111 / www.childline.org.uk/kid

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

Cassie Mitchell
ELSA (Emotional Literacy Support
Assistant)
Droxford Junior School

Lisa Greenwood
SENCO
Droxford Junior School