



# **Healthy School & Wellbeing Newsletter**

**Spring Term 1 2023**

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>

## **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 Basketball Tournament - 10/01/2023
- South Eastleigh and Winchester Basketball Tournament - 17/01/2023
- South Eastleigh and Winchester Girls Football Tournament - 24/01/2023
- South Eastleigh and Winchester Netball Tournament - 07/02/2023



## **Netball**

A huge congratulations to our netball team who won the partnership event and have qualified for the Hampshire Games on Monday 27th March. A brilliant opportunity to compete against the best teams in the county.

## **Cross Country**

Well done to Christian, Milo and Maddy who, on Tuesday 7th March will represent South Eastleigh and Winchester in the Cross Country County Championships. The school wants to wish them all the best of luck.



### After School Clubs

All club places continue into next half term. However, we still have some spaces available. If you would like to enroll your child onto any of the clubs below then please email [club@droxford.hants.sch.uk](mailto:club@droxford.hants.sch.uk).

Day	Club	Lead
Wednesday	Year 3/4 Football	Mr Banham - Xtra Active
	Musical Theatre	The Dance Box
Thursday	Year 5/6 Football	Mr Banham - Xtra Active
	Dance	The Dance Box
Friday	MultiSport	Mr Banham - Xtra Active

### Upcoming Holiday Courses

Please make note of the following Holiday courses which are running at school over the holidays.

February Half Term

Friday 17th February 2023

- Football Games Day - Xtra Active - <https://forms.gle/HEoo5i6TdHzuNtXS6>.
- Matilda Dance Day - The Dance Box - <https://thedanceboxuk.co.uk/matilda-dance-day/>

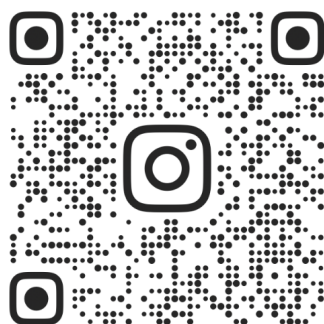
Easter Holidays

Monday 3rd April, Tuesday 4th April and Friday 14th April 2023

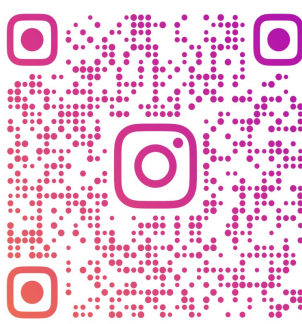
- Sports Club - Xtra Active - Booking Form coming soon!
- Easter Eggstravaganza - The Dance Box - Booking Form coming soon!

### Exciting Instagram News!

Make sure you are following Xtra Active and The Dance Box on Instagram, to ensure you don't miss out on anything, including upcoming events, competitions and giveaway prizes. Find the pages using the QR codes below or alternatively search for Xtra Active or The Dance Box whilst in the app.



@XTRAACTIVE



\_THEDANCEBOX\_



## Wellbeing

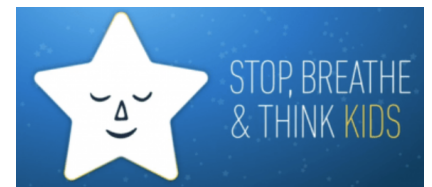
We've included a few things related to self-esteem here but if you'd like more information and ideas, Hampshire CAMHS (Child & Adolescent Mental Health Services) has some good short guides on their website <https://hampshirecamhs.nhs.uk/issue/body-image-self-esteem>.

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

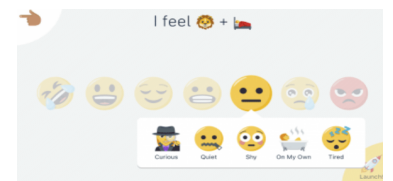
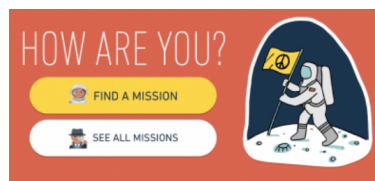
This app has been adapted from the popular one for teens and adults. Designed for primary school age children it features 15 short video missions each of which last between 2 and 8 minutes and help with identifying and managing emotions.



You can read a review of the app here:

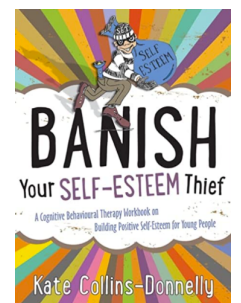
<https://www.commonsemmedia.org/app-reviews/stop-breathe-think-kids-focus-calm-sleep>

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

ACTION FOR HAPPINESS

Happier · Kinder · Together



## Where to go if you need more support and advice

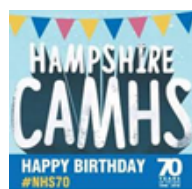
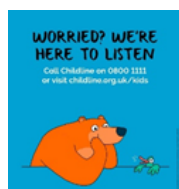
Childline 0800 1111 / [www.childline.org.uk/kid](http://www.childline.org.uk/kid)

Young Minds Parents Helpline 0808 802 5544 / [youngminds.org.uk](http://youngminds.org.uk)

[www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health](http://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*