



# **Healthy School & Wellbeing Newsletter**

## **Summer Term 2 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>.

### **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 China, who came out victorious in the morning skill challenges and India, 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.



### **Autumn Term 2023 After School Clubs**

Spaces for our Autumn clubs are now live. Head to our clubs page of the website for all the information and booking forms. We highly advise you book your child's place as soon as possible to avoid disappointment.

On top of these clubs we have a new school club starting in September - The 430 Club. The club will run Tuesday, Wednesday and Thursday from 4:30pm - 5:30pm. Please note that all bookings for this club are taken through your Arbor account. If you have any questions about any of the after school clubs, please feel free to email [clubs@droxford.hants.sch.uk](mailto:clubs@droxford.hants.sch.uk).

## School Sport Events

Over the year we have entered over 30 different events. Well done to all the children who have represented the school, we are very proud of every one of you.

### South Eastleigh and Winchester Boys Cricket - 06/06/2023

Winners! A great display of skill and teamwork saw the boys cricket team win this year's partnership event. Going through the group stage unbeaten saw the boys go through to the final. By beating Berrywood 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 - 13/06/2023

Our girls team came second in the tournament. The girls narrowly missed out on the finals at the Ageas Bowl. A very impressive performance by the girls team - great work girls!



### Hampshire Cricket U11's County Finals - 12/07/2023

The cricket team did amazingly to qualify to play at the Ageas Bowl. In a tournament of very high standard the boys did really well to get through to the Semi Finals. The team have had a really successful year, well done boys.

### Hampshire Cricket U11's County Cup Semi-finals - 10/07/2023

After qualifying the county finals the boys played a very tough Sarisbury team. The team played really well but unfortunately were just beaten. The boys then went and played Springhill in the 3rd/4th place playoff and won convincingly. 3rd in Hampshire, well done everyone.

### Hampshire Cricket U10's County Cup - 12/07/2023

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.



## Year 3 Camp

On Thursday 22nd 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 the following courses running over the summer holidays. The clubs are a great way to keep children active during the break.

Football Games Days - <https://forms.gle/BRVZasCK3vRggNcXA>

The Dance Box - <https://thedanceboxuk.co.uk/summer-club-23/>

For any enquiries please contact me on [d.banham@droxford.hants.sch.uk](mailto:d.banham@droxford.hants.sch.uk).



**Summer Holiday Clubs**

QR code

**Ages 7 - 11**

**9:00 am until 3:00 pm**

**£25 per day**

**Football games days**  
Mon 21st August  
Tues 22nd August  
Wed 23rd August

**Multi-sport club**  
Mon 31st July  
Tues 1st August  
Wed 2nd August

**Xtra Active**  
xtraactiveuk@gmail.com  
0775865153  
@xtraactive

**Proxford Junior School**



**THE DANCE BOX**

**SUMMER CLUB '23**

**THE DANCE BOX FESTIVAL**  
MONDAY 7TH  
TUESDAY 8TH  
WEDNESDAY 9TH  
AUGUST  
JOIN US FOR 1, 2 OR ALL 3 OF OUR FESTIVAL DAYS... LEARN DANCES TO THIS SUMMER'S FAVOURITE HEADLINERS AND MORE

**THE DANCE BOX PARTY**  
MONDAY 21ST  
TUESDAY 22ND  
WEDNESDAY 23RD  
AUGUST  
JOIN US FOR 1, 2 OR ALL 3 OF OUR PARTY DAYS... LEARN DANCES TO YOUR FAVOURITE PARTY TUNES AND MORE

**4 DAYS OF SUMMER FUN!**  
JOIN US FOR AS MANY DAYS AS YOU LIKE AS EACH DAY WILL BE COMPLETELY DIFFERENT BUT JAM PACKED FULL OF SUMMER DANCES, GAMES, CRAFTS AND FUN!

**AGES 5 - 11**

**9 AM - 3 PM**  
**DROXFORD JUNIOR SCHOOL**

**£25 PER CHILD PER DAY**

**BOOK YOUR PLACE NOW**  
[www.thedanceboxuk.co.uk](http://www.thedanceboxuk.co.uk)  
Head to our HOLIDAY CLUBS tab

**THE DANCE BOX**  
[HELLOTHEDANCEBOX@GMAIL.COM](mailto:HELLOTHEDANCEBOX@GMAIL.COM)  
**HELLOTHEDANCEBOX**

## 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>

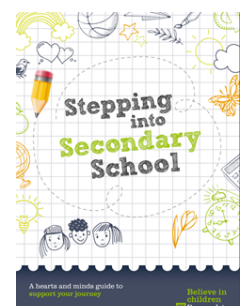
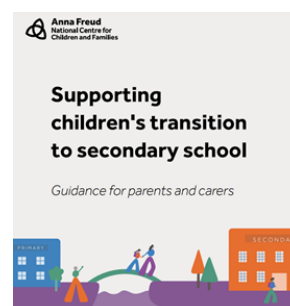
### Summer holiday survival for parents/carers

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](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>

Where to go if you need more support and advice.

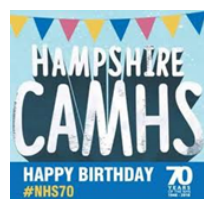
Childline 0800 1111 / [www.childline.org.uk/kid](http://www.childline.org.uk/kid)

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*  
*Droxford Junior School*

Lisa Greenwood  
*SENCO*  
*Droxford Junior School*

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