



Droxford Junior School  
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Headteacher: Matthew Dampier

# Healthy School and Wellbeing Newsletter

Autumn 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 website;

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

## 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 Girls Football Tournament - 31/10/2023
- Swanmore Cluster Basketball Tournament - 21/11/2023
- South Eastleigh and Winchester Year 3/4 Football Tournament - 28/11/2023
- South Eastleigh and Winchester Basketball Finals - 12/12/2023

## Special mentions

- The Year 3/4 Football team, who finished their tournament unbeaten, winning their group.
- Our two basketball teams, who came 1st and 2nd in the Swanmore Cluster competition, qualified for the South Eastleigh and Winchester Partnership event, where they finished 2nd and 3rd. Our team that finished 2nd have qualified to compete in the Hampshire Games on Wednesday 17th January, we wish them the best of luck.



## Breakfast Club

Some exciting news. From January, the breakfast club will be run by myself, Duncan Banham. The club will remain to run daily with all bookings and logistics remaining through Arbor and the school office.



## After School Clubs

Bookings for all spring term clubs are now live. Bookings go quickly so to avoid any disappointment please book your child a place as soon as possible. You can see all the clubs available below. For any club queries, please email [d.banham@droxford.hants.sch.uk](mailto:d.banham@droxford.hants.sch.uk).

Day	Club	Leader
Monday	Dodgeball	Xtra Active (Mr Banham)
Tuesday	Drama	The Dance Box
	Lego	Miss Barnett/ Mrs Smith
Wednesday	Year 3/4 Football	Xtra Active (Mr Banham)
	Musical Theatre	The Dance Box
Thursday	Year 5/6 Football	Xtra Active (Mr Banham)
	Dance	The Dance Box
	Allotment Club	Mr Goble
Friday	Multi-Sport	Xtra Active (Mr Banham)

## 4:30 Club

Don't forget our new 4:30 club, which runs every Tuesday, Wednesday and Thursday from 4:30pm until 5:30pm. The club is run by Duncan Banham and Dawn Watmore and includes fun games and activities which aid children's physical, social and mental health. To book your child a place, visit your Arbor account today.

## PE Jewellery

We kindly request your cooperation in ensuring that your child does not wear earrings/ jewellery on their PE days. This will help minimise any potential hazards and enable them to fully participate in their activities. If your child cannot remove any jewellery for any reason, please inform their class teacher and provide your child with an appropriate covering, either tape or better again a suitable headband.

## The 4:30 Club



4:30pm until 5:30pm  
Every Tuesday, Wednesday & Thursday  
Book your place through your Arbor account



## Droxford Stars



On the 7th October William completed a 60km cycling race in the Netherlands. The race took him 3 hours and 41 minutes in very windy conditions. Well done William, this is a brilliant achievement.



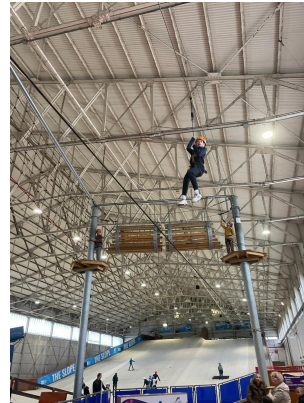
Eva has been Topper Dinghy Sailing this year and has been offered a place in the JETS training squad over the winter as well as completing her first two day traveller competition back in October. Well done Eva, this is a fantastic accomplishment.



Well done to all of our Droxford stars, we are all incredibly proud of you. If you would like to share your sporting achievements, please email them to me at [d.banham@droxford.hants.sch.uk](mailto:d.banham@droxford.hants.sch.uk).

## 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.



## Where to go if you need support and advice

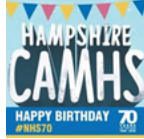
Childline 0800 1111 / [www.childline.org.uk/kid](http://www.childline.org.uk/kid)

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

