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Healthy School and Wellbeing Newsletter

Spring 1 2024

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.

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 Hockey Tournament - 09/01/2024 Group 2						
Team	P	W	D	L	GD	Points
Droxford Junior	5	4	1	0	+16	13
Berrywood Primary	5	4	1	0	+4	13
Wellstead Primary	5	2	1	4	-1	7
St Johns the Baptist Primary	5	1	2	7	-5	5
Shamblehurst Primary	5	0	2	5	-5	2
Botley Primary 2	5	0	1	9	-9	1



Swamore Cluster Netball Tournament - 06/02/2024						
Team	P	W	D	L	GD	Points
Curdrige Primary	8	6	2	0	+5	20
Droxford Junior Orange	8	5	1	2	+5	16
Droxford Junior Blue	8	2	5	1	+4	11
Droxford Junior Pink	8	1	2	5	-9	5
St John the Baptist Primary	8	0	2	6	-11	2



Hockey Hampshire County Finals

Huge congratulations to the Hockey team who qualified for the county finals after they won the South Eastleigh and Winchester tournament without conceding a goal. The Team competed in county finals on Monday 22nd January in Basingstoke. During the morning the team competed against some hard opposition and finished 2nd in their group, putting them in the 2nd division for the afternoon. The team finished 7th overall. A brilliant achievement and one the team should be very proud of. Well done to everyone in the team.



Hockey County Finals - 22/01/2024 Group 3						
Team	P	W	D	L	GD	Points
Knightwood	4	3	1	0	+7	10
Droxford	4	2	1	1	+5	7
Greenmount	4	2	1	1	-1	7
Marchwood C	4	1	1	2	+1	4
Bordon	4	0	0	4	-12	0

Hockey County Finals - 22/01/2024 Division 2						
Team	P	W	D	L	GD	Points
Marchwood A	3	3	0	0	-	9
Ryde	3	2	0	1	-	6
Droxford	3	1	0	2	-	3
St Johns	3	0	0	3	-	0

Cross Country

Congratulations to our cross country runners who have qualified for the county championships. Florence, Anya, Eleni, Sam, Elizabeth will all compete in Basingstoke in the Hampshire Schools County Championships on Tuesday 5th March. We would like to wish them all the best of luck!



Upcoming Sports events

- Year 3 Cricket Skills Festival
- U11 South Eastleigh and Winchester Partnership Netball Finals
- U11 South Eastleigh and Winchester Hockey Tournament
- U9 South Eastleigh and Winchester Sports Hall Athletics
- South Eastleigh and Winchester Physical Activity Festival

Wrap Around Care

Don't forget that Breakfast Club runs everyday from 7:30am until 8:45am and 4:30 Club runs 4:30pm until 5:30pm every Tuesday, Wednesday and Thursday. To book your child a place, visit your Arbor account. We are currently taking any donations of any unwanted games or DVD's. If you have any that you would like us to take off your hands, please hand these into the school office.



Holiday Clubs

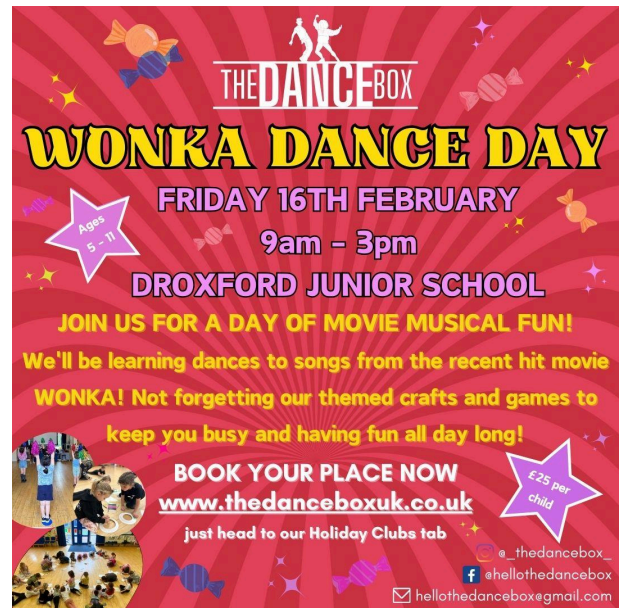
We have the following courses running over the February half term.

On Monday 12th February, we have a brand new Dodgeball Games Morning. The morning is running from 9:00 until 12:00 and only costs £10! Then on Friday 16th February, The Dance Box are running an exciting Wonka Dance workshop which will focus on the recent hit film, Wonka. This course will run from 9:00am until 3:00pm and costs £25. Both courses are proving to be very popular, please make sure you book your place as soon as you can to avoid any disappointment.

Use the links below to book your child a place;

Dodgeball Games Morning - <https://forms.gle/d4jhN1Djz1kxs1KM8>

Wonka Dance Day - <https://thedanceboxuk.co.uk/february-dance-day/>



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.



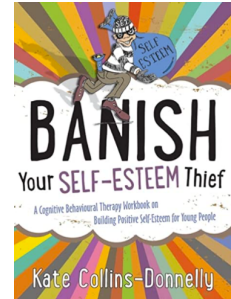
Commonsense Media

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.

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

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

Where to go if you need support and advice

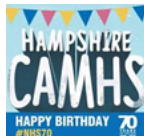
Childline 0800 1111 / www.childline.org.uk/kid

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

