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Headteacher: Matthew Dampier

# Healthy School and Wellbeing Newsletter

Spring 2 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.

### Indoor Athletics

Well done to the Indoor Athletics team who came third in this term's competition. All athletes participated in a jump, throw and relay, the scores were then combined to make up the team score. Congratulations to all of the team, a great achievement.



### Hockey

9 Of our Year 6's competed in the South Eastleigh and Winchester Hockey Tournament. The team showed great skill and teamwork as they competed against other schools in our partnership. Well done to everyone involved, we are very proud of you.

### Cross Country

Congratulations to Florence, Anya, Eleni, Sam, Elizabeth who competed in the Hampshire County Cross Country Championships on Tuesday 5th March. The event saw the runners compete against the best runners from Year 5, 6 and 7 in Hampshire.



### Upcoming Sports events

- Tri-Golf
- Tri-Golf
- Quad Kids
- Rounders



## Summer Term After School Clubs

Bookings for our Summer Term clubs are now open. We are proud that our clubs always have high levels of participation. Please note that all places are allocated on a first come first serve basis so we encourage you to book as soon as possible to avoid missing out. You can find out all club information, including how to book, on our school website.

Day	3:30pm - 4:30pm	4:30pm - 5:30pm
<b>Monday</b>	Dodgeball Xtra Active £78	
<b>Tuesday</b>	Drama The Dance Box £72	4:30 Club Miss Watmore £5 per session
	Writers Miss Jones £12	
<b>Wednesday</b>	Football Xtra Active £72	4:30 Club Miss Watmore £5 per session
	Musical Theatre The Dance Box £72	
<b>Thursday</b>	Football Xtra Active £72	4:30 Club Mr Banham £5 per session
	Dance The Dance Box £72	
	Allotment Mr Goble £13	
<b>Friday</b>	Multi sport Xtra Active £60	
	Beginners Gymnastics Miss Bond £9	

## Holiday Clubs

We have limited spaces left on the following courses running over the Easter holidays. To enquire please contact me by emailing [d.banham@droxford.hants.sch.uk](mailto:d.banham@droxford.hants.sch.uk).

Date	Club	Leader
Friday 5th April	The Greatest Show	The Dance Box
Monday 8th April	Dodgeball Games Day	Xtra Active
Tuesday 9th April	Multi sport Games Day	Xtra Active
Friday 12th April	Football Games Day	Xtra Active
	The Greatest Show	The Dance Box



**THE DANCE BOX**

# THE GREATEST SHOW

WE'RE BACK WITH NOT 1, BUT 2 DAYS OF CIRCUS FUN!

JOIN US FOR 1 OR 2 DAYS OF CIRCUS FUN! OUR DAYS WILL BE JAM PACKED FULL OF GAMES, CRAFTS, DANCING AND FUN! PLUS A VERY SPECIAL GUEST TEACHER FROM AERIAL DANCE ACADEMY (FRIDAY 5TH ONLY) TEACHING YOU SOME BRAND NEW SKILLS OF AERIAL HOOP!

**FRIDAY 5TH AND FRIDAY 12TH APRIL**  
**9AM - 3PM**  
**DROXFORD JUNIOR SCHOOL**

AGES 5 - 11  
**£25 PER CHILD PER DAY**

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

#\_THEDANCEBOX\_    HELLOTHEDANCEBOX@GMAIL.COM    #HELLOTHEDANCEBOX



## EASTER HOLIDAYS 2024

DROXFORD JUNIOR SCHOOL  
 9:00AM - 3:00PM  
 AGES 7 - 11  
 ONLY £20 PER DAY!

**MONDAY 8TH APRIL DODGEBALL GAMES DAY**

**MULTI SPORT GAMES DAY TUESDAY 9TH APRIL**

**FRIDAY 12TH APRIL FOOTBALL GAMES DAY**

USE THE QR CODE TO BOOK YOUR PLACE TODAY!



✉ [xtraactiveuk@gmail.com](mailto:xtraactiveuk@gmail.com)  
 ☎ 07775865153  
 📷 @xtraactive



## Instagram

Make sure you are following the School, Xtra Active and The Dance Box on Instagram to get all the latest news on after school and holiday clubs that will be running.

Xtra Active → @xtraactive

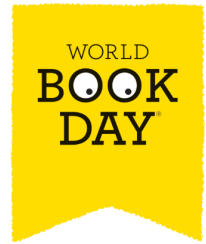
The Dance Box → @\_thedancebox\_

Droxford Junior School → @droxfordjuniorschool



## World Book Day

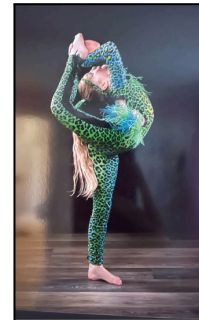
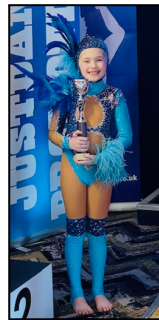
On Thursday 21st March, we celebrated world book day. It's always amazing to see all the children in their brilliant costumes. Our theme was all to do with wearing your comfy clothes and pyjamas. After a day of fun book day activities, including a trip to the roving book shop, the day was concluded with a nice warm cup of hot chocolate and biscuits!



## Droxford Stars



Well done to Flossy did an amazing job at her Dance Weekend. I'm sure you will agree that she looked fantastic in her multiple outfits!



Congratulations to Thea, who completed her Intermediate Level Ski Course at the Ecole Ski and Snowboard School. A fantastic achievement, well done Thea!

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).



## Wellbeing



What is Mental Health/Wellbeing?

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." (MIND, 2020)

**Good mental health** means being generally able to **think, feel and react** in the ways that you need and want to **live your life**. If you go through a period of **poor mental health**, you might find the ways you're frequently **thinking, feeling or reacting** become **difficult**, or even **impossible, to cope with**. This can feel just as bad as a physical illness, or even worse.



Ways of improving wellbeing:

- **Connect** with other people
- Be physically **active**
- **Learn** new skills
- **Give** to others
- **Pay attention** to the present moment (mindfulness)

Mindfulness



Breathing - Thinking - Feeling



Remember:

- You care about yourself and you care for yourself. You love yourself, not hate yourself. You look after your physical health – eat well, sleep well, exercise and enjoy yourself.
- You see yourself as being a valuable person in your own right. You don't have to earn the right to exist. You exist, so you have the right to exist.
- You judge yourself on reasonable standards. You don't set yourself impossible goals, such as 'I have to be perfect in everything I do', and then punish yourself when you don't reach those goals.

### Useful resources:



- 'Mindful Kids' by Whitney Stewart and Mia Braun. Great activity cards that can be used to build up a pupil toolbox of mindfulness strategies.
- 'Starving the Anxiety Gremlin' by Kate Collins Donnelly. Useful for working through with pupils. Good feedback from parents who have used this and the stress text.
- 'Mighty Moe: An Anxiety Workbook for Children' by Lacey Woloshyn. Activity book great for primary and lower secondary.
- 'A Mindful Journey for Young People: Children's Worry Book' ISBN 9781985117969. Good activity book in a very accessible format with puzzles. A cross between a guide and puzzle magazine.
- 'How are you Feeling Today?' by Molly Potter. A useful guide for building independence in the use of strategies based on how the young person feels.
- 'Drawing Your Feelings Out' by Amy Morgan. An art therapy type of approach but more structured in layout than Drawing and Talking interventions.

### Smart phone Apps:



- SamApp – free, no adverts, builds up useful toolbox for dealing with anxiety in the moment
- Head Space - good app but requires purchasing
- HealthWellness
- Family Wellbeing - fun app for all family to be healthier in general
- Guided meditation apps are also useful. There are many different videos on You Tube that can be converted from MPEG4 to MP3 for playing without video on phone or MP3 player
- Alexa and Google also have daily mindfulness activities and guided meditation

### Websites:



- MIND [www.mind.org.uk](http://www.mind.org.uk)
- NHS [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)
- Mental Health UK <https://mentalhealth-uk.org>
- No Limits Helping Young People Help Themselves, <https://nolimitshelp.org.uk>
- Time to Change [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

## SEN Support for Parents

Please refer to the Padlet for resources which give parents lots of useful information to support any children with SEN. The Padlet is put together by Mrs Burrell, the School SENCO and can be found by [CLICKING HERE](#).

## Active April 2024

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS

Happier · Kinder · Together



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

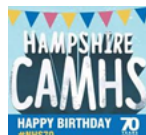
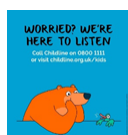
Childline 0800 1111 / [www.childline.org.uk/kid](http://www.childline.org.uk/kid)

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,

The Wellbeing Team,

Matthew Dampier  
Headteacher

Duncan Banham  
PE & Sports Coach

Paula Metcalfe  
ELSA

Philippa Burrell  
SENCO

Daisy Maclachlan  
ELSA

