



Healthy School & Wellbeing Newsletter

Autumn Term 1 2021

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;

<http://droxfordjunior.co.uk/healthy-schools-and-wellbeing-news/>.

Winchester Hill Walk

Well done to all the Year 5/6 children who completed the Winchester Hill Walk on Tuesday 12th October. The children demonstrated brilliant resilience as they hiked a total of 12km.



School Sport Events

It's been a brilliant start to the school year with lots of children across the school participating in different competitions and festivals.

South Eastleigh and Winchester Boys Football Tournament - 14/09/2021

Well done to the year 5/6 boys football team who found themselves in a tough group, nonetheless the boys battled hard in every game and showed great determination.



South Eastleigh and Winchester Girls Football Tournament - 21/09/2021

A huge congratulations to the girls team who came out as winners of this year's competition. The 7 girls Clemmie, Elsie, Sophia, Tilly, Daisy, Seren and Ava were all brilliant and won the final on penalties! Well done girls.

South Eastleigh and Winchester Year 3/4 Cross Country Event - 05/10/2021

15 of our Year 4's participated in the SE&W Cross Country, All the runners were brilliant finishing the course. Also a special mention to the following children;

- Eleni who came 1st in the Year 4 Girls
- Anya who came 3rd in the Year 4 Girls
- Maddy who came 5th in the Year 4 Girls
- Luca who came 3rd in the Year 4 Boys

South Eastleigh and Winchester Year 5/6 Cross Country Event - 12/10/2021

15 runners from across year 5 and 6 participated in this event. The course was tricky and tested stamina and tenacity. All of the runners did the school extremely proud and should be happy with their efforts.

This event was both a team and individual event. Well done to;

- The Year 6 Girls team, Tilly, Sophie, Daisy and Otilie who came 1st in the team event.
- The Year 5 Boys team, Christian, Milo, Noah and Angus who came 3rd in the team event.
- Tilly who came 1st in the Year 6 girls race.
- Sophie who came 2nd in the Year 6 girls race.
- Daisy who came 3rd in the Year 6 girls race.
- Christian who came 2nd in the Year 5 boys race.
- Milo who came 4th in the Year 5 boys race.

Tilly, Sophie, Daisy, Christian and Milo have all qualified for the County competition which will be held in March.



South Eastleigh and Winchester Year 3/4 Dodgeball Festival- 19/10/2021

Winners! Well done to Freddie, Bailey, Nicky, Isla, Georgie and Poppy who came first at the SE&W dodgeball festival.



After School Clubs

All current after school clubs continue after half term. These clubs run up until the Christmas Holidays. Please keep an eye out for club information for the spring which will be sent out before we break up. If you have any queries regarding an after school club, please email clubs@droxford.hants.sch.uk.

October Half Term Holiday Club

There will be a Holiday Club during the October half term. The course will run from Monday 25th July to Wednesday 27th July. The day runs from 8:30am to 3:30pm and costs £20 per day. All details of the course and how to pay can be found via the link. <https://forms.gle/h2ZRJ7ZomnPHKH3t9>.

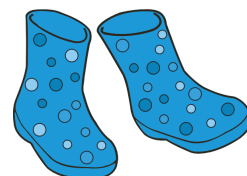


PE Kit

We are continuing to ask children to come into school in their PE kits as this allows more time for learning. When safe to do so, lessons will continue in the rain or when the field is muddy. To avoid children having to stay in wet/ muddy clothes for the rest of the day please consider packing your child with spare clothing on their PE days, please ensure these are either school uniform or Droxford PE kit.

Spare Shoes

We are privileged with lovely outdoor spaces at Droxford. To maximise the amount of space children can use during their breaks we are encouraging children to still use the school field. Please be aware that children will now only be able to go on the field if they are wearing a spare set of shoes or wellies.



Wellbeing

This time, we're focussing on dealing with worries which is a normal part of growing up but not much fun. The good news is that there is plenty of help available and with the right strategies and support from an adult, you can become much better at managing your worries and not letting them take over. We've included some guidance here for parents and carers from Hampshire & IOW Education Psychology and a few book recommendations that might be helpful.



Anxious child?
Tips for helping your child
manage worries and anxiety



All children experience anxiety as part of typical development. It becomes a **PROBLEM WHEN IT STOPS** your child from enjoying normal life by affecting their school work, family relationships, friendships or social life. Anxiety can present itself in different ways. You may notice...



Anxiety is unpleasant and so we find ways of making ourselves feel better. Feared or difficult situations may be avoided and we may stop doing things that worry us. Avoidance only leads to short-term relief and actually reinforces the anxiety. The more we stop or avoid things, the less we do and the harder it becomes to face our fears and overcome our worries. Help your child create a plan to take **small steps** to gradually face their fears.



What you can do to help...

Listen to your child and allow them to share their worries. **Validate** your child's feelings (e.g. "I understand, speaking in front of your whole class can be scary.")

Gently Challenge - Encourage your child to think about what they would say to a friend who had the worry. Help them think about evidence which counters their thinking (e.g. "What evidence supports your thinking? What evidence goes against your thinking?")



Reassure with evidence - "I know you can do it because when you were in the school play you learned your lines and spoke loudly and clearly."

Practice reframing

1. Name a worry floating around in your brain?
2. What is the worry telling you?
3. Let's break it down, is that worry a 100% right?
4. How can we take that worry thought and change it to a positive thought?



Help build a coping kit



Find out more about anxiety and get help at...

- ⇒ [Young Minds](#)
- ⇒ [Hampshire CAMHS](#)
- ⇒ [Anna Freud Centre](#)
- ⇒ [Childmind](#)
- ⇒ [Relate](#)
- ⇒ [Childline](#)
- ⇒ [Stem4](#)

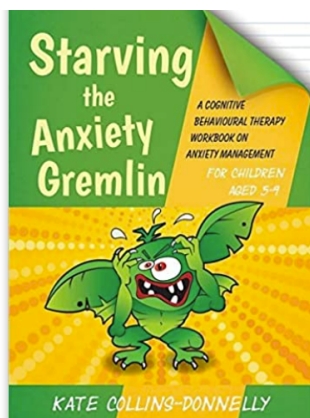
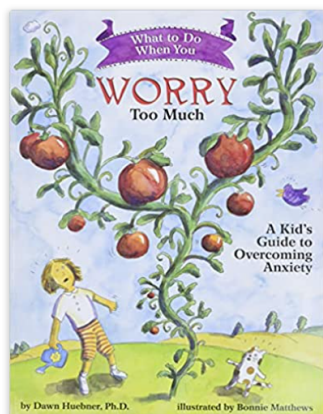
[Click the link to go straight to the website]



Remember!

Take care of your **own needs** too. Notice if you feel stressed/anxious and implement strategies to help you. Model good self-care so you have the energy to help your child(ren) & young people. Check out [Education support](#) & [Mind.org.uk](#)

Here are a few other resources that you might find helpful to work through if worries are bothering you:



Older children might be interested in the Think Ninja app designed for 10-18 year olds wanting to build their resilience

<https://www.nhs.uk/apps-library/thinkninja/>

And lastly, there are free workbooks and videos available on the Hampshire CAMHS website:

<https://hampshirecamhs.nhs.uk/issue/anxiety-2/>

Let us know if you've got any top tips for managing worries that you would like to share and we'll include them next time.

Where to go if you need more support and advice

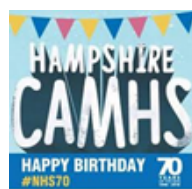
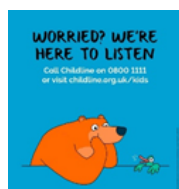
Childline 0800 1111 / www.childline.org.uk/kid

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,

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