



Healthy School & Wellbeing Newsletter

Summer Term 2 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/>.

Calshot

After being postponed in November, our Year 6's spent two days at Calshot, and what a brilliant way to finish their time with us at Droxford. The children were a huge credit to the school as they challenged themselves through various activities such as climbing, archery, aero trek, laser climb, skiing and ringo. Some field study work allowed the opportunity to explore wildlife found on Calshot beach. The way the children conducted themselves responsibly and with respect and kindness is exactly the reason they will be missed by all the staff at Droxford. From the staff on the trip, thank you for being such a pleasure.



After School Clubs

We have a full schedule of clubs starting in September. Spaces have now all been allocated and confirmed by email. Details of all these clubs can be found on the clubs page of the school website. If you have any queries regarding an after school club, please email clubs@droxford.hants.sch.uk.

Summer Holiday Club

There will be a Holiday Club during the first week of the summer holidays. The course will run from Monday 26th July to Friday 30th July. The day runs from 8:30am to 3:30pm. The cost is £20 per day. All details of the course and how to pay can be found via the link. <https://forms.gle/DXqM5KYHTyLizJqL8>



Sports Day

Well done to everybody who participated in this year's Sports Day. The day started with various morning activities, designed to test skills in all different disciplines. All the children were fantastic as they worked within their teamwork groups to earn points. Well done team Great Britain who came out as champions. The afternoon saw children compete in the inter-class races - well done to everyone who participated and to those who won a bronze, silver or gold certificate! It was such a shame to have this event behind closed doors but we hope to have parents back with us for Sports Day 2022.

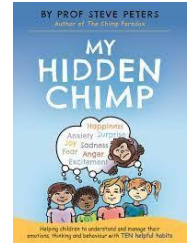


Wellbeing

Here are a few ideas to support your wellbeing over the summer holidays and beyond. It's always good to be proactive and know what you can do to help yourself but don't forget to ask for help too if you need it. Organisations that can support you are listed at the end of this newsletter.

Book of the month: My Hidden Chimp by Prof Steve Peters

This book helps children understand a little bit about how their brains work and how they can start to manage their emotions, thinking and behaviour. Practical, fun exercises for each of the 10 healthy habits will help with resilience, recovering from mistakes, and developing a positive outlook. Highly recommended!



Suggested activity: Five Steps to Wellbeing Marble Jar

This could be done with an actual jar and 5 different colours of marbles / small lego pieces / pieces of paper / counters or with a drawing of a jar and 5 colouring pencils/pens.

You might already know that the NHS has identified 5 important ways that we can look after our wellbeing. Choose a colour for each theme and then add a marble (or draw one) every time you do one of these things.



	CONNECT – talk, listen and develop friendships. Call someone or send them a message, join a club, go for a walk with somebody or play a game with them.
	BE ACTIVE – do what you can and enjoy what you do. Dance, jump, skip, run, stretch, swim, ride your bike, kick a ball.
	TAKE NOTICE – remember what makes you happy. Go outside and look at the stars, collect 5 different leaves on a walk, draw a picture of the most beautiful thing in your home, keep a tally of birds and butterflies in your garden or park, see if you can spot a flower in each colour of the rainbow .
	KEEP LEARNING – set goals, develop skills, try new things. Maybe you could cook something new, learn the words to a favourite song, play a new game or research a topic that interests you.
	GIVE – offer to help with a chore, give a friendly smile, draw someone a picture, fundraise for a charity.

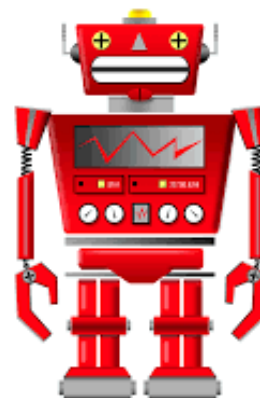
Alternatively, you might like the 5 steps to wellbeing resources from Hampshire & IoW Education Psychology which we've posted alongside this newsletter:

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

And there are more lovely ideas on our enrichment page: <http://droxfordjunior.co.uk/enrichment-tasks/>

Calming activity: Robot Muscle Relaxation

So far in our newsletters, we've looked at breathing, grounding (focusing on the here and now) and visualisation exercises. This time, we're looking at muscle relaxation. It's good to try a few ideas out as different things work for different people.



This might be worth trying when you are lying down in bed and trying to get to sleep. An adult will need to read this to you in a slow, calm voice.

Script: Close your eyes and take a deep breath in through your nose and out through your mouth. Try to be really still and imagine you are a robot. Your whole body is made of metal. There are lights on your arms and legs that flash brightly. There are buttons and levers on your stomach that make beeping and whirring noises. It is a very busy, noisy robot.

Now you are going to see if you can switch the robot off and make every part of your body completely still and quiet.

Start with your right leg. Squeeze it tightly for a few seconds and then turn off the switch. Your leg relaxes and gets heavy, sinking into the floor and becoming totally still. Now bring your attention to your left leg and do the same thing, squeezing and then switching off. Feel your leg becoming heavy and watch the bright lights turn off.

Next you are going to squeeze your stomach muscles for a few seconds and then relax, turning off all the buttons that make noises so that your stomach becomes soft and quiet and still.

Now focus on your right arm, squeezing and relaxing, turning off the lights and allowing your arm to become very still and heavy. Let it sink down into the floor. Do the same with your left arm, squeezing and relaxing when you switch everything off.

Lastly, turn off the switch in your head. Switch off your mouth, switch off your nose and ears and finally switch off your eyes.

You should feel very still now. See how still and peaceful you can make your robot body. Don't forget that if you move anything, then the lights will go back on, so stay as still and quiet and relaxed as you can.

Well done everyone for making it through this tricky year with a smile on your face. Have a lovely summer, look after yourself and think about how you can make it enjoyable for the people around you too.

Where to go if you need more support and advice

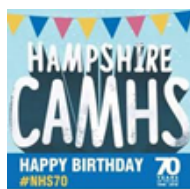
Childline 0800 1111 / www.childline.org.uk/kids

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

Lucia Smith
ELSA (Emotional Literacy Support
Assistant)
Droxford Junior School

Lisa Greenwood
SENCO
Droxford Junior School