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Healthy School & Wellbeing Newsletter

Spring 1 2026

Welcome to the first Spring edition of the Healthy School and Wellbeing newsletter. Here you will find updates on PE, School Sport and Physical Activities and information on how we are inspiring our pupils to lead healthy lifestyles and supporting their positive wellbeing. We hope you find the updates, tips and resources helpful.



Physical Education

In PE this half term, Years 3 and 4 have been enjoying two exciting units of work. In their moving to music unit, the children have explored rhythm and timing, with the aim of being able to move in unison with others. In their invasion games unit, the children developed their understanding of what possession means and how it can be used effectively in games. They've focused on passing, support and maintaining control of the ball. The children have shown great enthusiasm and teamwork throughout both units.



Years 5 and 6 have been expressing their emotions through dance. The children linked their knowledge of the Zones of Regulation to represent different emotions through movement. In their invasion games unit of work, the children explored possession vs penetration. They have been challenged to refine their decision-making in order to be more effective within games. The children have grown in confidence and maturity, thoughtfully applying their learning across both units.

After School Clubs

Many of our pupils have been enjoying the extra curricular activities we have on offer. Clubs are a great way to give children the opportunity to explore new skills and activities whilst providing our busy parents with the support when needed. Some clubs still have some spaces - for more information head to the school website or email d.banham@droxford.hants.sch.uk.



School Sport

This half term, some of our pupils have had the opportunity to take part in a range of exciting sporting events and competitions. These events have encouraged teamwork, resilience and allowed children to challenge their skills. The pupils involved have shown incredible teamwork, determination and sportsmanship. Well done everyone who has represented the school, we are all very proud of you.

This term, events have included:

- Year 3 & 4 Indoor Athletics
- Year 5 & 6 Indoor Athletics
- Year 5 & 6 Hockey



Xtra Active
FEBRUARY HALF TERM 2026
 You're invited to Sports Camp on
Wednesday 18th February
 9:00am until 3:00pm
 Droxford Junior School
 SCAN ME
 Only £15 for the whole day
 To book scan the QR code or email us at xtraactiveuk@gmail.com
 Keep up to date by following us on Instagram @xtraactive

February Half Term

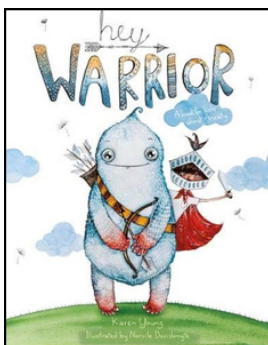
Don't miss the clubs that we are running over the half term. The clubs are a great way to keep children entertained during the holiday period. For more information, please email d.banham@droxford.hants.sch.uk

THE DANCE BOX
DISCO DANCE DAY
 THURSDAY 19TH FEBRUARY
 9AM - 3PM
 DROXFORD JUNIOR SCHOOL
 Get your dancing feet ready and join us for a day of DISCO fun!! We will be dancing to all the latest pop tunes whilst enjoying our exciting crafts and games too!
 AGES 5-11
 BOOK YOUR PLACE NOW
www.thedanceboxuk.co.uk
 Head to our HOLIDAY CLUBS tab

Developing a growth mindset

The 'Growth Mindset Seed' allegory supports children by providing a simple, visual metaphor for complex psychological concepts. It helps them internalise the idea that their abilities are not fixed but can be cultivated through specific actions.

You can find the video here; https://youtu.be/rUJkbWNnNy4?si=FRq_ViUSeBHR-Mk_



Hey Warrior

Hey Warrior is an educational picture book by psychologist Karen Young designed to help children understand and manage anxiety.

If you need support or advice



Thank you for your continued support,

Mr D Banham
 PE & Sports Coach

Mrs J Hext-Harvey
 ELSA

Mrs P Burrell
 SENCO

