

Healthy School Newsletter

17/10/17

Dear Parent/Guardians,

Welcome to Droxford Junior Schools's Healthy School Newsletter. I would like to take this opportunity to personally welcome children in year 3 as well as welcoming back our existing children and families. You will receive a copy of this Healthy School Newsletter each half term, as we aim to keep you all up to date with the on-goings at the school. If you would like to access a colour copy of this newsletter online it can be found on our Sports Blog page on our website; <http://droxfordjunior.co.uk/blogs/>. We already have lots to share and hope this will continue throughout the year.

School Games Mark

Let's start with some exciting news. To award all our hard work over the last year, we have obtained a Silver School Games Mark. This is a great accolade which is recognised by OFSTED. This was achieved by the PE experience and sporting opportunities we provide.



Physical Education

Our aim is to deliver a minimum of 2 hours of high-quality PE a week as we believe PE is a vital part of a child's development. To ensure we can do this, your child will need the appropriate kit. Please note that as the weather gets colder some PE lessons will be outside, so your child may want a tracksuit type sports top, hat, gloves, etc. **Please put a plastic carrier bag in their PE bag as shoes may get muddy when using the field.**

This half term the children have been developing their teamwork skills during Outdoor Adventurous Activities (OAA) and basic skills in our new Multi-skills unit. Next term we will be moving onto Handball and Dance.

Extra- Curricular Activities

As well as delivering a competitive PE curriculum, we encourage children to participate in Extra Curricular Activities. Again, your child will need appropriate kit for these. Please note if your child wears their PE kit, please ensure that this is back in school for their next PE lesson.

School Sports Organising Crew

The School Sports Organising Crew (SSOC) is a small group of year 6 pupils who have been selected by myself and their class teachers. The SSOC work alongside school staff as a student voice to promote sport and activity around the school. This is a great opportunity for the children and they have already come up with some fantastic ideas. On Friday 13th October they attended a training day at Freegrounds Junior School. During this training they learnt how to plan and deliver activities for lunchtimes. They produced a school action plan so watch this space for some exciting new things.



The Fruit Run

The first SSOC event will be the Fruit Run. As I am sure you are aware, pupils are currently collecting sponsorships from family and friends. **Sponsorship forms are due back Monday 30th October and money will be collected Monday 6th November.**



Diet & Nutrition

We are encouraging all children to have a healthy snack at break time; if you are providing a healthy snack for your child please could you consider the guidance below from the School Food Trust.

The School Food Trust promotes:

More fruit and vegetables

Drinking water

Healthier Drinks



Restricted items are:

No confectionery

Snacks such as crisps must not be provided.

Cakes and biscuits must not be provided (except at lunchtime).

HC3S sell the following items at break times:

<i>Fruit pots</i>	30p
<i>Freshly baked bread roll</i>	30p
<i>Orange juice carton (150 ml)</i>	30p
<i>Raisins</i>	20p
<i>Laughing Cow Cheese Square</i>	20p
<i>Cracker</i>	10p

(Children can buy up to **two items**; they should not buy snacks for other children.)

In school, we use 'The Eatwell Plate' to promote a healthy balanced diet. You may also find it useful at home. At lunchtimes, HC3S provide balanced meals that fully comply with the nutrient and food standards. The new Autumn menu will start on Monday 31st October. Menus will be sent home this week.



Between 23rd September and 8th October we have been celebrating British food. By highlighting local produce and ingredients we hope to encourage children to eat and learn about healthy foods.

Events & Fixtures		U10 Football 12/09/2017
<p>In addition to the opportunities to compete at lunch and in PE, it's great to take teams out to compete against other schools in Level 2 competitions. Please see below all our teams that have represented the school this half-term. I am always proud to see a great display in sportsmanship and skill when our teams compete. Well done to everyone involved! Of course a huge thank you must go out to all those who transport and support the children.</p>		
U11 Football 19/09/2017	U11 Girls Football 26/09/2017	Year 5/6 Cross Country 10/10/2017
		

Droxford Superstars

It is always great to celebrate achievements both inside and outside of school. Please see below some of our Droxford Superstars who have achieved great things outside of school. Please share your success stories with us so we can share them with everyone.



Congratulations to Lilya Milner for passing her Grade 1 in classical ballet.



Well done to Max Hazledene who won the Junior Captains Day Competition at Corhampton Golf Club.



Please tell us your success stories; we would love to share them!

Thank you for your ongoing support, I hope you all have a lovely half term and please remember that there is an Xtra Active Multi-sport course during half term from Wednesday 25th October to Friday 27th October.

Yours sincerely,

Duncan Banham
Sports Coach
 Droxford Junior School
d.banham@droxford.hants.sch.uk