



# Healthy School Newsletter

19/10/2018

Dear Parent,

Welcome to the first Healthy School Newsletter of this academic year. 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 school sport, physical activity and healthy lifestyle choices at the school. If you would like to access a colour copy of this newsletter, it can be accessed on our Sports Blog and newsletter page on our website; <http://droxfordjunior.co.uk/blogs/>. We already have lots to share and hope this will continue throughout the year.

## Mega Marathon

In PE lessons on the week beginning 29<sup>th</sup> October 2018 the children are going to run a marathon! In fact, we are aiming to run around 7 marathons. I know you must be reading this thinking this is a crazy idea, let me explain.

In order to raise money to improve the markings on the school playground every child will participate in a sponsored run. The run will take place in the field next to the school, which is approximately 1 mile in perimeter. If every child runs at least 1 lap then this will total around nearly 7 marathons. This would be equivalent of 182 miles, this would take us almost from Droxford to Liverpool. If we all ran 3 laps (big ask!) the school would run all the way to John O'Groats in Scotland. Letters with more information and sponsorship forms were sent home on Friday 5<sup>th</sup> October. These need to be returned to your child's class teacher on Monday 29<sup>th</sup> October. Sponsorships will be collected the following week on Monday 5<sup>th</sup> November. Please ask friends, colleagues and extended family to support you- and thank them in the process!



## Events & Fixtures

Congratulations to all those children who were selected to represent the school in level 2 competitions this half term. You have all demonstrated great levels of skill and sportsmanship whilst representing the school.



### South Eastleigh and Winchester U10 Football

11/09/2018

The U10 Football team played really well as they came second in their group, missing out on the next round by just two goals! It was a great event especially as this was the first time they have played a game as a team after a couple of training sessions. Well done to all the boys.



**South Eastleigh and Winchester U11 Football**  
**18/09/2018**

The U11 football team fought hard in a tough group at Berrywood. There were many standout performances by the boys, George Conroy being one who scored a fantastic header and a rocket of a free kick. Unfortunately the boys just missed out on progressing through the group stages.



**South Eastleigh and Winchester U11 Girls Football**  
**25/09/18**

What an enjoyable afternoon of football! I must say it was great to see so many participating in this year's football tournament. The girls did fantastically and showed a huge improvement throughout the tournament. It's great to see the girls have been now been playing football during lunchtimes after being inspired after their first tournament.



**South Eastleigh and Winchester Year 5/6 Cross Country**  
**09/10/2018**

On Tuesday 9<sup>th</sup> October, 22 of our upper school runners competed in the Year 5/6 Cross Country in Hamble. All the runners did fantastically well on a very hot and sunny day.

**Special mentions**

Sam Nicholson came first in the Boys Year 6 Race.  
Hunter Martin came second in the Boys Year 5 Race.



**South Eastleigh and Winchester Year 3/4 Cross Country**  
**16/10/2018**

Unfortunately the lower school cross country was postponed due to the weather. The runners will keep practicing to prepare when the event goes ahead.



**Upcoming sports events next half term...**

Table tennis team event	Boys Football
Cross Country	Dodgeball Festival
Table tennis individual event	Sports Hall Athletics

**Physical Education**

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 Basketball and Gymnastics. The children will be expected to partake in all sessions, if your child is unable to participate please provide their class teacher with a signed letter explaining the reason.

### Old Kit Appeal

We are now taking in donations of any shin pads or football boots. These will be used in PE and when children represent the school. So if you have any outgrown kit which could do with another home, please send them in with your children.

### Extra- Curricular Activities

As well as delivering a competitive PE curriculum, we encourage all children to participate in Extra Curricular Activities. We provide clubs before, after and during the school day. More information on these can be found on at <http://droxfordjunior.co.uk/clubs/>. We are delighted to have a team of parents that have started a lunchtime cross country club on a Tuesday, the club caters for 10 boys and 10 girls each week and has been a great success so far. *"It is extremely fun and active, it's a great way to improve your running and fitness no matter how fit you are as you are not pressured on how many laps you run!"* Alice Ngwata Year 4. If you are interested in running or supporting a club or have a query of any size please contact the school via [clubs@droxford.hants.sch.uk](mailto:clubs@droxford.hants.sch.uk).

### 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.



Name: Lila & Grace Chesters

Learning Base: Newtown & Droxford Base

Sporting Achievement: Over the summer holidays Lila and Grace ran the equivalent of a marathon over the holidays. The girls completed 26 runs each over 1 mile in length. Well done girls!

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 Monday 22<sup>nd</sup> October to Wednesday 24<sup>th</sup> October. If you would like to book email [info@xtraactive.co.uk](mailto:info@xtraactive.co.uk)

Yours sincerely,

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