



Healthy School & Wellbeing Newsletter

Autumn Term 1 2020

Dear Parent,

Welcome to the first Healthy School Newsletter of this academic year. Congratulations to all our children at Droxford for the resilience they have shown returning to school this term. It has been fantastic to have the school full of smiling faces again.

You will receive a copy of this Healthy School Newsletter each half term, as we aim to keep you all up to date with school sport, physical activity, healthy lifestyle choices and wellbeing activities. A copy of this newsletter is available on the Healthy School and Wellbeing page of our website;

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

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 Table Tennis Virtual Event

During some of this terms PE lessons, Year 5 & 6 have completed various Table Tennis challenges. The scores have been submitted to the School Games and we look forward to hearing how we got on. Well done to everyone who participated.



Partnership Cross Country Event Virtual Event

All pupils took part in this term's Cross Country event. Pupils who placed the best times have been entered to the partnership Cross Country Event hosted by Boundary Oak. Well done to everyone you demonstrated brilliant determination. Well done to the runners who managed to qualify.

After School Clubs

Thank you to everyone who has supported our After School Clubs this half term. We still have some spaces. It's never too late to join a club, so please feel free to contact myself by emailing clubs@droxford.hants.sch.uk for more information.

October Half Term Holiday Club

Unfortunately, there will be no Half Term holiday club this October. We are working hard to hopefully have this restarted for the February Half Term. Please keep an eye out for this closer to the time.

Spare Shoes

To allow us to keep using the school field during breaks and PE lessons, please provide your child with a spare pair of suitable shoes. Children who do not have the correct footwear may not be able to participate in activities on the field. A plastic bag is also a handy addition to PE kits as children can store their muddy shoes without the rest of their things getting dirty.

Staying Healthy at Home

It has been great to hear about what they have been doing to keep healthy during lockdown. In these times helping our children make healthy choices at home is more important than ever. Factors such as being active, eating a balanced diet, getting enough sleep, staying hydrated and having time to relax have a vital impact on physical and mental health and development. Each newsletter will include some helpful links, below are some to get you started.

#ThisIsPE - <https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

A brilliant webpage with lots of videos to help children's physical development from home.



The Eatwell Guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

The Guide explains a balanced diet. This is great to refer to for meals at home and for when packing school lunches. Sharing the Eatwell Guide with your child will allow them to start making their own healthy choices around their diet.



Healthy Sleep Tips For Children - <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

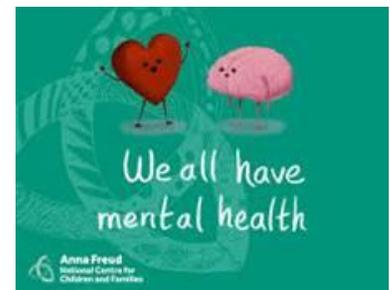
Getting enough sleep impacts concentration, attainment and energy levels.



Looking after our mental health

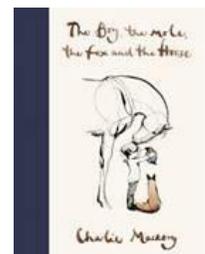
This year, we have all been more aware than ever of the need to look after our mental health. I think it's fair to say that while we understand the practical steps we can take to improve our physical health, we sometimes feel a bit fuzzy about the way we keep our minds healthy.

The things we know already such as eating well, sleeping well and being physically active will have a huge impact on the way we feel but we will also include in this newsletter some other ideas and resources to support the emotional wellbeing of all our lovely families at Droxford.



Book of the month: The Boy, the Mole, the Fox and the Horse by Charlie Mackesy

Not so much a story, but a book of inspiration. Charlie Mackesy's beautifully illustrated study of 4 unlikely friends is full of wisdom and kindness and everything that really matters in life. I know some of you have put this on your Christmas list already!



If you have any book recommendations, ideas or resources. Please send them to us and we will share them with everybody else.

Suggested activity: Make a Happy Box

Also known as a self-soothe box, this is a lovely thing to do at home and something you can return to every time you need a boost.

Hampshire Child and Adolescent Mental Health Service have a 5 minute video explaining how to make one and why you should on their Youtube channel: <https://www.youtube.com/watch?v=OyfgodSSdV4>

We'd love to see a picture of yours if you make one. Here's how to do it:

1. Take an old shoebox and decorate it any way you like.
2. Fill it with items that make you feel good and appeal to all your senses such as photos, special cards, reminders to listen to a favourite song or podcast, a soft toy or fluffy socks, bubble bath, lip balm, a picture of your favourite food, fiddle toys, puzzles, colouring, arts and crafts, a notebook or diary. It's all about what works for you.
3. Keep your box somewhere that's easy to reach and remember to take it out whenever you feel sad, worried or in need of cheering up. It might not make your difficult feelings go away but it will help you to manage them.



Mindfulness Activity: Using the senses



In this order, focus on one sense at a time, noticing:



Five things you can see - Four things you can hear - Three things you can smell - Two things you can touch - One thing you can taste



By focusing on one sense at a time, we can start to 'ground' ourselves and put the brakes on any feelings of worry or stress.



Different things work for different people so please do try the activity but know that it's totally fine if it's not your style.



It's important to remember that the more we practice a relaxation strategy when we are calm, the easier it will be to use it when we are not.

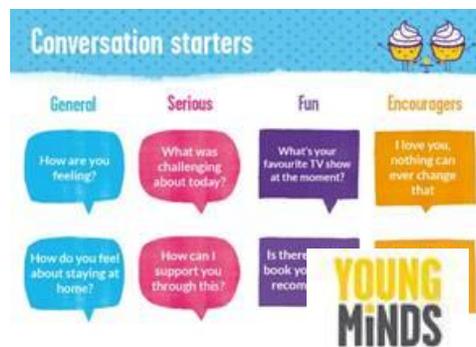
Talking about feelings: tips for parents and carers from Young Minds

Talking to our children about their feelings isn't always easy but if you can find 20 minutes to do an activity you'll enjoy together, you'll create a relaxed space to start a conversation.

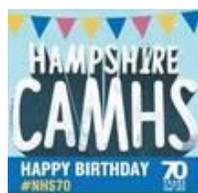
You will know what they like to do, whether it's a ball game, a nature walk, a craft project, baking, making a photo collage, having an indoor picnic, making a den, drawing cartoons of each other, sharing music, playing games or making a boredom jar (so that you never run out of inspiration).

It doesn't matter what topic you start a conversation with – it's about the opportunity it gives you to talk about feelings and provide comfort. And if it's not the right time, reassure your child that you will be ready to listen when they do want to share something.

If they let you know that they are struggling, there are some useful tips on how to respond in the link below: <https://youngminds.org.uk/starting-a-conversation-with-your-child/what-to-do-next/#tips-for-providing-emotional-support>



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 / www.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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