



Healthy School & Wellbeing Newsletter

Autumn Term 2 2020

Dear Parent,

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. 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/>.

Christmas Fun Run

As you are aware, this term the children have all completed the Christmas Fun Run. The determination and resilience of the children has been incredible. With the combination of mud, cold and rain it really was a challenge. I can confidently say the children have fully deserved all the sponsors they collect.



Sponsorships will go towards the schools Outdoor Landscape Project. This project is our main fundraising focus and will help us develop the school field for outdoor learning and play. This will include outdoor natural play equipment; develop a nature corridor; build a stepped amphitheatre and get the children working with a variety of experts to plant and manage native species of plants to encourage wildlife into the school grounds. The projected changes will improve the school grounds and benefit all pupils' health and wellbeing.



Sponsorship forms are due back Monday 11th January. Where possible, please help your children collect as many sponsors as possible as this will make a huge impact on their wellbeing and development.

Zones Of Regulation

Over this term, children have been learning about The **ZONES** of Regulation in their PSHE lessons so that we can develop a whole school approach to managing our emotions. It would be wonderful if you could continue these conversations at home by encouraging your child to talk to you about the 4 zones (blue, green, yellow and red), what they mean and helping them to spot the sort of things or 'triggers' that might put them in each zone. We have sent a quick guide with this newsletter and will be putting it on our website too.



We are teaching the children tools that they can use in school and it would be great if you could support them to identify these self-care tools. There are lots of ideas to explore here if you're not sure:

<https://www.annafreud.org/on-my-mind/self-care/>

After School Clubs

Thank you to everyone who has supported our After School Clubs this term. The club schedule for the Spring term has now been sent out and can be found on the club page of the school website; <http://droxfordjunior.co.uk/clubs-at-droxford/>. To book a space on one of the available clubs, complete and return the clubs booking form to the school office. For more information, please feel free to contact myself by emailing clubs@droxford.hants.sch.uk.

These clubs are available to pupils in Year 3 and 4.

Day	Club	Lead	Location	Cost
Monday	Film Club	Mr Dampier	IT Suite	Free
Tuesday	Football	Xtra Active	Field	£55
Thursday	Multi-Sport	Xtra Active	Playground	£55
Friday	Drawing	Miss Kirby/ Mr Lowndes	Drox/ Meon Base	Free

These clubs are available to pupils in Year 5 and 6.

Day	Club	Lead	Location	Cost
Monday	Multi-Sport	Xtra Active	Playground	£50
Tuesday	Book Club	Miss Jones	Exton Base	Free
Wednesday	Dodgeball	Xtra Active	Hall	£55
Friday	Football	Xtra Active	Field	£45

February Half Term Holiday Club

We are hopeful that our holiday club will be back up and running over February Half Term. Obviously we are keeping a close eye on the Government's guidelines and will release more about this in January.



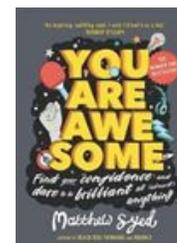
PE Kit

If children do not have their full PE kit in school, this may prevent them from being able to participate in lessons. Kits should consist of; a blue Droxford PE top, black shorts/ tracksuit bottoms or leggings and suitable footwear. Children are welcome to wear warmer clothing, jumpers, hats, gloves etc during lessons. We ask children not to wear any of their school uniforms because when it is safe to do so, PE lessons will still go ahead in the cold and wet weather. It is important that children have a dry and warm change of clothes to get changed back into afterwards. We also strongly advise packing your child a spare pair of socks.

Book of the month:

You are Awesome by Matthew Syed (former table tennis champion & journalist)

If you're the kind of person that thinks I need a special type of brain to do maths or you're either good at sport or you're not, then this book will challenge your thinking and help you develop the right mindset to succeed.



Suggested activity: The Power of Positivity

Sometimes we remember the negatives more than the positives. At home you could create a hope box, notebook or jam jar to remind yourself of all the amazing things about you, for any time you are feeling low.

To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box/jar. These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'. You can decorate it and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down.

Write 10 positive things about yourself

Mindfulness activity: Birthday cake breathing

Focussing on our breathing is one way of resetting our system, just like you might restart a computer. It slows down our thoughts and feelings and can help us to feel calm and stay in control.

1. Sit down somewhere quiet and make your left hand into a fist. Imagine this is a cake.
2. Breathe in and pretend you are smelling the cake.
3. Breathe out and pretend you are blowing out the candles.
4. Continue for a few minutes.



Where to go if you need more support and advice

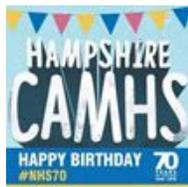
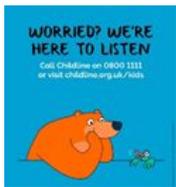
Childline 0800 1111 / www.childline.org.uk/kids

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
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Droxford Junior School

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Droxford Junior School

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