



# **Healthy School & Wellbeing Newsletter**

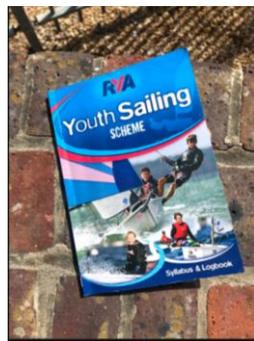
## **Summer Term 1 2021**

Dear Parents,

This newsletter aims to keep you all up to date with the school's sport, physical activity, healthy lifestyle choices and wellbeing activities. This Newsletter can also be accessed on our Healthy School and Sports page on our website; <http://droxfordjunior.co.uk/healthy-schools-and-wellbeing-news/>.

### **Andrew Simpson Sailing Residential**

All of our Year 5 pupils enjoyed 3 days of sailing and watersport activities at the Andrew Simpson Centre in Portsmouth. Faced with some challenging weather the children demonstrated resilience as they learnt the skills needed to sail. The children who attended were all able to pass their RYA Sailing level 1, a nationally recognised qualification. Well done to all of the Year 5's, we are very proud of you.



### **Sports Day**

I'm pleased to announce that Sports Day will go ahead this year on Wednesday 23rd June. Unfortunately due to the restrictions this will be run as an in house event, so family and friends will not be able to come and watch. Children should come into school at the usual time wearing their PE Kit. The school day will finish at 3:30pm and all after school clubs will be running.

### **After School Clubs**

It has been brilliant to be able to continue to provide clubs during this difficult year. As a school we highly value club provision as we fully appreciate the benefit these have to both children and parents. Thank you to those who have continued to support our clubs. Details of clubs for next term will be released soon, so keep an eye out for these.

### **May Half Term Holiday Club**

There will be a Holiday Club during May Half Term. The course will run for four days, from Tuesday 1st June to Friday 4th June. The day runs from 8:30am to 3:30pm. The cost is £20 per day. All details of the course and how to pay can be found via the link. <https://forms.gle/DtAYHprFQkYdf4Yu8>



## PE Kit

On the days your children have PE, we are continuing to ask pupils to come to school in their PE kit. Recently, we have seen increasing amounts of children wearing brightly coloured fitness clothing. As great as these pieces of clothing are for physical activity these are not part of the school's PE kit and do not follow our school uniform policy. Please remember our PE kit is a Blue Droxford PE T-shirt, Black shorts/ tracksuit bottoms or leggings and trainers. If children would like to wear another layer this should be their blue school jumper or fleece.

For health and safety reasons your child should remove all jewellery and have their hair tied up (where it is long enough to do so). We kindly ask you to organise this before your child comes into school so they are prepared to participate in their lesson. Thank you for your help with this matter.

## Wellbeing

It is great to hear so many of the children using **The ZONES of Regulation** as a way of understanding and managing their emotions in school.

When the register is taken in the afternoon, children often identify which zone they are in: **blue** (feeling sad, tired or bored), **green** (feeling calm, happy and focussed), **yellow** (feeling worried, annoyed or silly) or **red** (feeling angry and out of control).

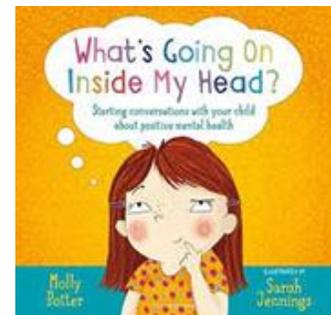
It would be wonderful if you could support these conversations at home too and help your child work out ways they can help themselves feel more positive and calm when things go wrong. You might find these links helpful:

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

<https://hampshirecamhs.nhs.uk/video/a-z-coping-strategy/>

## Book of the month: What's Going on Inside My Head?

This book landed in our library recently and is getting plenty of use in the Rainbow Room. It explores practical ways we can keep our minds in good shape as well as our bodies. Great to read with an adult so that you can develop healthy habits and good coping strategies together.



## Suggested activity: Learn how to become a thought detective

We all have different thoughts that pop into our heads every day.

Sometimes the thoughts come so fast we don't really notice them. Some thoughts are helpful and make us feel good like "*I will do my best*" while other thoughts can make us feel helpless like "*I'm rubbish at this.*"

There are lots of different kinds of unhelpful thinking. We've listed a few of them here, take a look and see if you notice any this week. Ask the adults at home if they spot them too.

## The Mind Reader

Thinking we know what someone else is thinking before they've said anything. eg. *"they're laughing because I look stupid,"* when they are actually laughing at a joke.



### Predicting the future

Thinking we know that things are going to go badly for us in the future. eg. *"I can't join that club because nobody will talk to me"* when we might have made new friends if we had.

## Blinkers

When we only notice things that match what we already believe and discount anything that doesn't match. eg *"nobody likes me"* and when someone says hello and smiles at us deciding that *"they only did that because the teacher told them to."*



Once you've noticed your unhelpful thought you need to become a thought detective by following these steps:

### Step 1: look for the evidence

Ask yourself – Am I only noticing negative things? What happened before I had this thought? Is this thought helpful? How likely is this to happen?

### Step 2: consider other options

Ask yourself – What else could happen? What would someone else think about this? What would I say to a friend who thought this?

### Step 3: reach a conclusion

Is this thought true? Can I swap it for a more positive thought and feel better?

It's important to remember that challenging your thoughts is a skill that needs practice. It won't happen overnight but if you keep trying, thinking positively will become a habit and you'll feel much better.

## Calming activity: Happy Switch



Press your thumb and forefinger together as if they are a switch. Now think of a happy place where you feel peaceful. Once you have thought of your place, take time to explore it in your mind. See if you can notice five things you see there, try and make the colours in your picture really bright and clear. Now listen carefully to the sounds you can hear. Can you pick out four different noises? Lastly, think about

the way you are feeling in your special place and take a few deep breaths. As you release your thumb and finger, know that you can go back to that happy place in your mind by pressing the switch again.

This is one way of calming your mind and could be helpful if you're struggling to get to sleep or feeling worried about something. Don't forget, as with everything, the more you practise, the better you'll get.

### **Where to go if you need more support and advice**

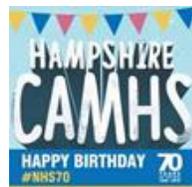
Childline 0800 1111 / [www.childline.org.uk/kids](http://www.childline.org.uk/kids)

Young Minds Parents Helpline 0808 802 5544 / [youngminds.org.uk](http://youngminds.org.uk)

[www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health](http://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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