



**WEST HOVE
INFANT SCHOOL**
.....
A family of friends



Hove Learning Federation Holland Road Newsletter



Friday 10th May 2024

Dear Families,

A huge thank you to everyone who joined us last weekend to celebrate the start of Brighton Festival with the Children's Parade. It was fabulous to see so many families cheering and waving as we walked through the streets of Brighton. We were extremely proud of our wonderful schools and I'm sure you were too.

In this newsletter we are also sharing some of the photographs from our Y4 and Y6 residential trips. The children (and adults) came back exhausted having had so much fun! Thank you to all the staff and parent volunteers who made these trips such a success.

Please continue to keep in contact with us – should you have any questions or concerns, contact us via the following:

West Hove Infant School
hollandroadenquiries@hovejun.brighton-hove.sch.uk
01273 916707

Hove Junior School
hollandroadenquiries@hovejun.brighton-hove.sch.uk
01273 916707

Hove Junior School Inclusion Team
inclusionteam@hovejun.brighton-hove.sch.uk
01273 916609

Best wishes,
Lorna Cummings

Diary Dates

13th-16th May - Year 6 SATs week
23rd May - Reception trip to Paradise Park
24th May - Last day of school - non-uniform day
27th-31st May - Half Term break
3rd June - INSET Day
4th June - First day back for pupils



Year 2 girl's football afternoon

On Friday the 8th of March (International Women's day), a group of 2 girls took part in a 'Let Girls play' afternoon of football skills, drills and activities hosted by Brighton University. The group represented Hove Learning Federation wonderfully and were full of energy, enthusiasm great ideas and fantastic skills! Have a look at some of what they got up to...



Year 2 girl's football afternoon

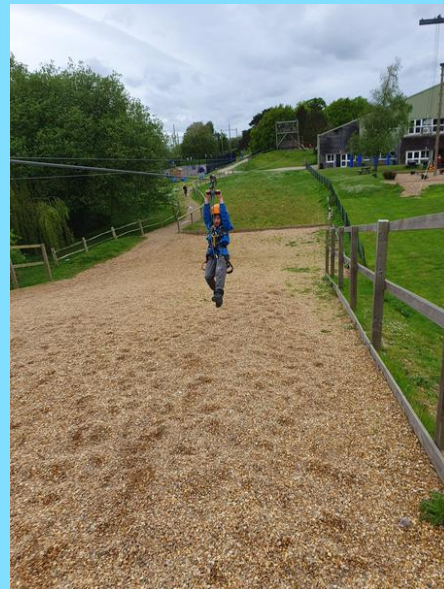


Year 4 PGL Residential Trip

On Wednesday 1st May, Year 4 headed off for a 2-night stay at Windmill Hill in Hailsham.

Here the children enjoyed a range of fantastic activities including climbing, abseiling, raft building, fencing, zip-wire, archery, problem-solving and a sensory trail!

As you can see, the children had a brilliant time and really impressed the adults with their determination, resilience and willingness to overcome their fears. A wonderful time was had by all!



Year 4 PGL Residential Trip

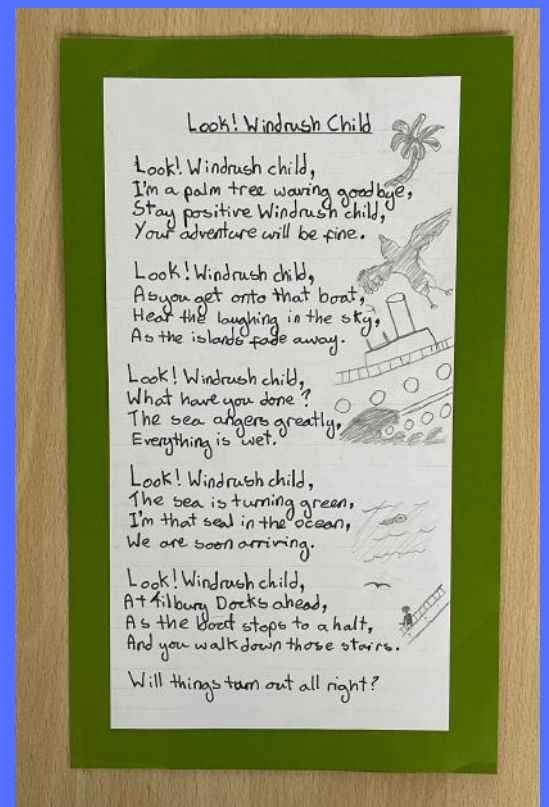


Year 4 PGL Residential Trip



Year 6 New Topic - The Windrush Generation

Year 6 have begun our new topic on the Windrush Generation by reading John Agard's poem 'Windrush Child' before creating our own poetry. In art, we have been focusing on still life drawing of Caribbean fruit, including plantain, mango, coconut, pineapple and ackee, using shading and perspective. After concentrating hard on their sketches, Year 6 were able to eat the different fruits including scrambled ackee and traditional plantain chips.



Year 6 New Topic - The Windrush Generation

It is much bigger than I thought,
The sand buried brown,
Ted looks worried,
I can't wait.



Upon your Windrush adventure,
Windrush child,
May the rolling sea take you to Britain,
To the place you'll soon call home.

You look up to a sky of grey now,
Windrush child,
And you wake up to a grey breakfast,
On a grey sea.



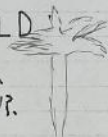
Ted looks scared now,
I am worried,
I feel the cold wind rush through my
body,
It makes me shiver.

We are entering British sand now,
On soil as such,
You can't see the bottom of the ocean,
I don't like it much.

Tilbury docks is rolling into view,
The air is thick,
It's different here,
I want to go home.



WINDRUSH CHILD



Footprints disappearing.
Is it best to start anew?
Goodbye island.
Be brave, stay strong.

Palm trees wave sad goodbyes,
Watermelons, breadfruit and mangoes
too.

Sea birds squawk advice.
Be brave, stay strong.

Water beneath my feet wind
Wind in my hair.
Norbert is worried.
Be brave, stay strong.



Saltfish and ackee,
calipso, reggae and the parrots tunes,
All a distant memory.
Be brave, stay strong.

Shimmering sea and golden sands,
Turns to murky water and British air,
With things turn out alright?
Be brave, stay strong.



Empire Windrush,
Approaches the docks,
Seagulls squawk complaints.
Be brave, stay strong.

The big ship arrived,
Casting shadows across the land,
Stripping the colour from the trees,
Darkening the land.



My home now a speck on the horizon,
My home so small, so sweet,
The only place I've ever known,
The only people I thought I'd ever meet.

Look up, the sky now so awfully grey,
Oh how I miss the beautiful blue,
How I miss the mango mornings,
And I miss my Grandma too.

I step out onto the deck,
And let the wind rush through my hair,
In the distance the white cliffs lay,
We are nearly there.

We get herded out onto the docks,
The world seems black and white,
The land is horribly grim,
As is Britain was taking light.

A look or a glance,
A grimace or a sneer,
A "Where did you come from?",
A "We don't want you here!"



We finally reach "home",
And I struggle into bed for the night,
Hopefully people will like us one day,
Hopefully things will turn out all right.

With your parents' encouragement,
Windrush child,
You will wade through the water,
To board the huge ship.



From your platform, aboard,
The high Empire Windrush,
You see laughing gulls chattering,
From behind their pitch-black masks.



Palm trees gesture,
Beg for you to come back,
But their efforts are futile,
For you have set off into the azure-blue water.



Don't worry your little Caribbean face,
Windrush child,
For all will be revealed,
In due course, my child.

As the sun begins to settle,
And your eyes begin to droop,
Dream of mango overmornings,
A tasty sour sop soup.



Think of beautiful golden sands,
And joyful reggae music,
Prevent yourself from losing
To dirty, industrial Britain.

BRIGHTON CHILDREN'S PARADE

What a fantastic day we all had at the annual Children's Parade to mark the start of the Brighton Festival. Y2 and Y3 children from all sites had great fun waving their magic wands in the glorious sunshine through the streets of Brighton. Did you spot our big make of the bunny popping out of a magician's hat? A big thanks to all the staff for ensuring this event ran successfully and to all the children and their families who helped make props at the workshops. We cant wait until next year!



Year 6 Residential to Hindleap Warren

In the first week back this term, Year 6 went on our residential to Hindleap Warren in East Grinstead. We had a very busy three days full of different activities including:

- a VERY mud hike through the woods including wading through rivers and jumping into waist-high pools of muddy water (watch out for the drop bears)
- high ropes
- archery
- climbing
- abseiling
- shelter building
- fire making

During free time, Year 6 enjoyed the freedom of playing '21' in the woods (even at dusk), playing multiple games of football and basketball, and spending money in the tuck shop. Wake-up calls from Taylor Swift on the sound system and daily room inspections each morning and evening were a highlight especially as the children had to make their own beds using non-fitted sheets. Extra marks were given for sourcing a broom to sweep the floor, ordering shoes by colour and size, a guided tour and a rap performance.

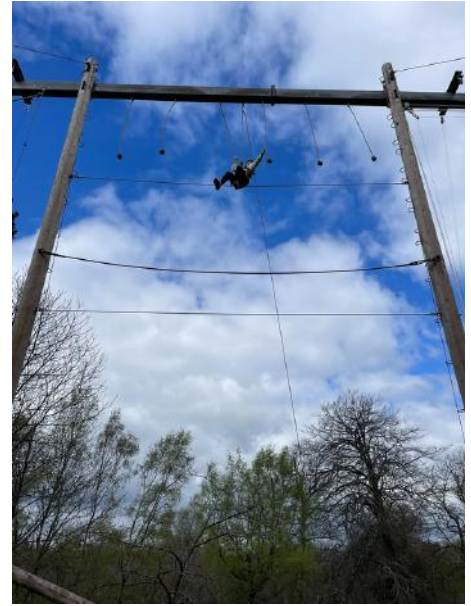
We were very impressed with everyone's independence, determination and drive to challenge themselves. They were a credit to the school and a pleasure to spend time with.



Year 6 Residential to Hindleap Warren



Year 6 Residential to Hindleap Warren



VOICE BOXES

A MENTAL HEALTH AMBASSADOR PROJECT



In the Spring Term the Mental Health Ambassadors worked on their Your Voice Matters Project. They told me that using a worry box can be difficult – so it was agreed to relaunch to Voice Boxes instead. Children can still put their worries in them, but also suggestions or things they want their teacher to know.



We also filmed videos of the children talking about, and introducing the Voice Boxes, and created a Presentation, which was shown during Children's Mental Health Week, in all classes from year 2 to 6, to launch the new Voice Box. Our next steps are to work on Voice Boxes suitable for Reception and Year 1.



An update from the Smartphone Free Childhood Parent/Carer group:



- ⚡ Empowering parents to come together and support each other around smartphone decisions
- ⚡ Protecting children from the risks of using smartphones and social media too young
- ⚡ Engaging in discussion to promote the mental, emotional and social wellbeing of our children
- ⚡ Standing together to make it possible to delay smartphones until our children are older

WhatsApp groups have been set up by parents and carers at our schools. To find out more information and be part of the discussion, click on one of the groups below:

Holland Road Site Smartphone Free Childhood WhatsApp Group

Hove Juniors and West Hove
Infants - Holland Road
WhatsApp group



Portland Road Site Smartphone Free Childhood WhatsApp Group

Hove Juniors & West Hove
Infants - PR
WhatsApp group



Let's get together to change the norm.



PARENTING IN THE DIGITAL AGE

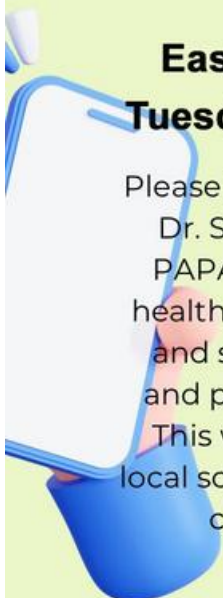
East Sussex Regional Group

Tuesday 14th May, 8pm - 9.30pm

Please join us for a parent workshop hosted by Dr. Susie Davies, Bristol GP and founder of PAPAYA. Dr Davies will discuss the mental health problems associated with social media and smartphones and then share powerful and practical solutions for your community. This will be followed by breakout rooms for local schools to discuss solutions and ways you can move forward as a community.

[Click here to register](#)

When asked to enter your school, please write 'West Hove Infant and Hove Junior School'.





Sussex Community **NHS**
NHS Foundation Trust

SchoolsMentalHealthService@brighton-hove.gov.uk

Schools Mental Health Service Support for parents and carers

Mindfulness for parents

Nurturing Parents—a mindfulness based wellbeing course for parents and carers.

Free 5-week course Tuesdays 10–11.30am at Whitehawk Family Hub Starting 23rd April. A programme that is relevant and accessible for parents and carers whatever your family circumstances. This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

What to expect in the sessions Each week has a different theme. There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing. Some approaches can be practised with children and young people. No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

When and where? This course will be held for 5 weeks. Parents must attend every session at Whitehawk Family Hub, 178 Whitehawk Road, BN2 5LF. The 1, 1A and 21 buses stop outside, and free on road parking is available. Email schoolsmentalhealthservice@brighton-hove.gov.uk

Online Parent Workshops

One hour online workshops for parents on **Sleep, Low mood, Anxiety and Transition** run throughout the year by our Education Mental Health Practitioners.

Email SchoolsMentalHealthService@brighton-hove.gov.uk to find out the next available sessions and book.

Raising emotionally healthy children and young people

A 90 minute session to support parents/carers and provide strategies and techniques to help manage anxiety. There will also be opportunities to ask questions and meet other parents.

Areas covered include:

What is anxiety and where does it come from?

How does anxiety impact on our children?

14th May 10.30am-12pm – at Portslade Hub: <https://www.eventbrite.co.uk/e/helping-childrenyoung-people-cope-with-anxiety-and-build-resilience-tickets-753682654107?aff=oddtcreator>

Do you struggle to communicate positively as parents/carers?

This is a group designed to support you as parents/carers. A six-week, practical, skills-based course focusing on methods to improve the way you communicate as partners. These sessions are relevant to all kinds of couples: same sex couples; those with adopted children and families with a blend of cultures and religions.

The group will run weekly for 90 minutes and will start on Tuesday 16th April 2024 and be lead by a Primary Mental Health Worker and a Family Support Worker. It will run for 6 weeks.

Dan.Geer@brighton-hove.gov.uk OR Sharyn.brazier@brighton-hove.gov.uk

Support for parents and carers of children and young people having difficulties accessing school

Drop in events for Parents/carers of children having difficulties accessing school

We understand that some young people can find it challenging to attend school, for several reasons. We would like to offer a space to meet with someone to share your concerns and look at how we can support you around this. You will be able to meet with an attendance officer from the council along with someone from the Schools Mental Health Service, to explore what we can offer, and support the conversations with school.

We holding a number of sessions over the academic year:

Day 4

Date: 12th March Time: 13.00 -16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

Day 5

Date: Monday 19th March Time:10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

Day 6

Date: Tuesday 4th June Time: 10.00 – 3.00

Venue: Moulescoomb Family Hub, Hodshrove Lane, BN2 4SE

Day 7

Date: Monday 10th June Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

Day 8

Date: Tuesday 18 June Time: 13.00 - 16.00 Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

Monthly support group for parents of children having difficulties accessing school

"I found it hugely helpful - thank you!!! I've been in this situation for so long now with my little boy, and now my little girl is struggling with school"

"Our family support workers run a monthly drop in group for parents/ carers of children struggling to attend schools at Al Campo lounge on London Road. It's a place to get support and meet others in the same situation.

For more information including upcoming dates, please email Sharyn.Brazier@brighton-hove.gov.uk or Jo.Roeg@brighton-hove.gov.uk



Are you concerned about your child's mental health?



- Anxiety
- Low mood
- Difficulties regulating emotions
- Self esteem and confidence
- Sleep difficulties
- Fears and phobias
- Separation, loss and bereavement



Scan the QR code below to *refer* your concern to Hove Learning Federation's Mental Health Lead. Link also available on our school website.

<https://www.westhoveinfants.co.uk/wp-content/uploads/sites/10/2023/03/Capture-1.png>



Naomi Miller (Mental Health Lead) will contact you within a week of your referral.

New referrals will be discussed at half termly triage meetings and support allocated.

NB: If you have an urgent concern about a child's mental health please call 0300 304 0061 during office hours or 0300 5000 101 outside of office hours.

WANT YOUR CHILD TO CATCH UP IN MATHS?

Limited spots available in my:

 RYAN FAERS
TUITION

Year 3 Maths Group

- Understand formal written methods
- Fill in any gaps in Key Stage One understanding

First
lesson
free!

Year 4 Maths Group

- Build fluency with your times tables
- Pass the multiplication check

Current
teacher
and school
leader

Year 5 Maths Group

- Build foundations for Y6
- Reasoning & Problem Solving

One
space
left!

Year 6 Maths Group

- Get ready for Y6 SATs
- Arithmetic & Reasoning

11+ Preparation Group

- Pass the 11+ with confidence
- Maths, Verbal & Non-Verbal Reasoning

Two
spaces
left!



 **Call Today**
07848699164

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ryanfaersmathstutor](https://www.facebook.com/ryanfaersmathstutor)

 ryanfaers@gmail.com

- Online Group Tuition
- Maximum Group Size of 4
- £25 per hour
- Maths Topic Checklist/Syllabus
- Marked Homework Task



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Code to Learn
More