



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



Hove Learning Federation School/Portland 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 residential trip. 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
admin@westhove-inf.brighton-hove.sch.uk
01273 733386

Hove Junior School
portlandroadenquiries@hovejun.brighton-hove.sch.uk
01273 916609

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

Best wishes,
Ben Massey

Diary Dates

13th-16th May - Year 6 SATs week
16th May - Infants Class photos
17th May - Year 1 local area walk
24th May - Last day of school - non-uniform day
20th & 21st May - Reception trips to Paradise Park
27th-31st May - Half Term break
3rd June - INSET Day
4th June - First day back for pupils



Year 2 Update

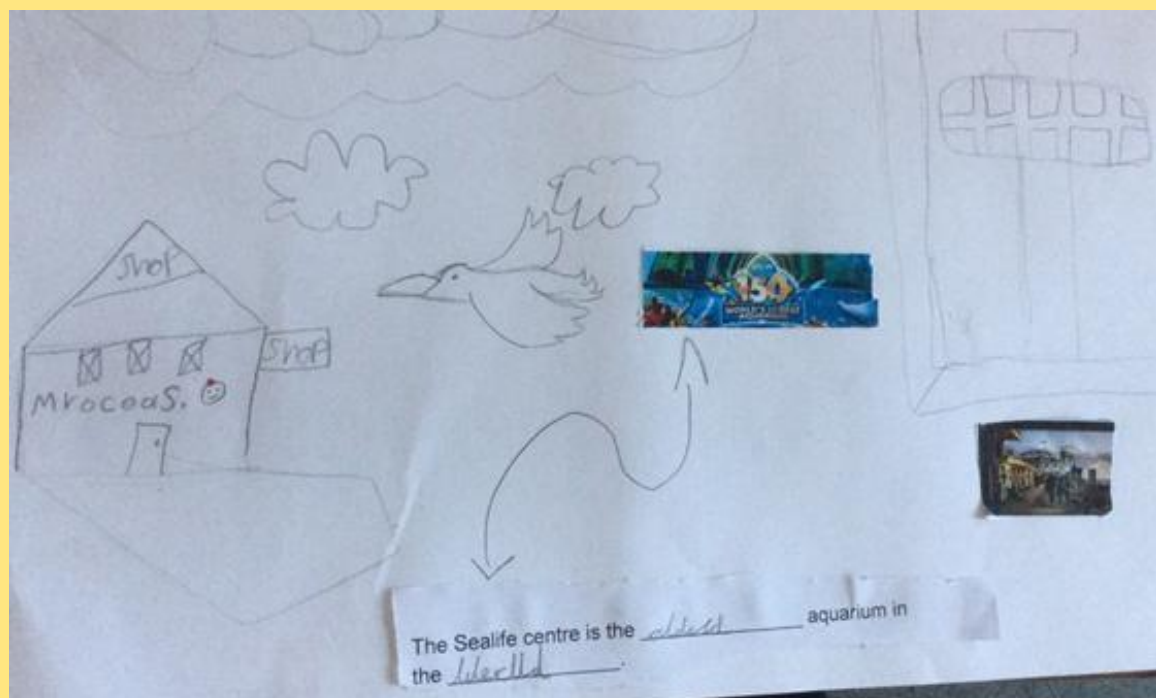
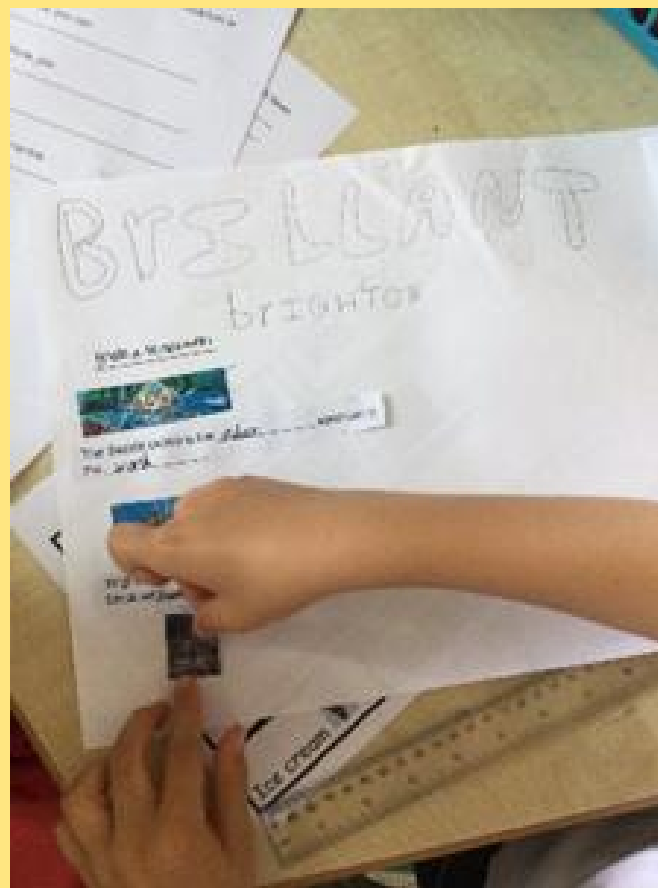
This week Year 2 have enjoyed continuing our learning on measure. Last week we measured our playground with a metre stick and we are now exploring measuring in cm using rulers.



We also loved learning about Brighton's main attractions in History and designing posters about the city with a partner.



Year 2 Update



Year 2 girls 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 girls Football Afternoon



BRIGHTON CHILDREN'S PARADE

Children's parade on Saturday was such an amazing success!!!

Year 3 children had a fabulous time in the 2024 Children's Parade. They have worked hard making their propts during our workshop with the help of parents and carers. It was incredibly well organized; the children were fantastic, and they represented our school well. Well done to everyone involved.



BRIGHTON CHILDREN'S PARADE



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Year 4 Stunning Start

At the beginning of the summer term, Year 4 became fully immersed in their new topic, the Ancient Egyptians, with some exciting hands-on activities. We got messy mummifying oranges, made our own Papyrus paper and worked together to create a collaborative piece of art. We are looking forward to finding out more about this fascinating ancient civilization during the remainder of the school year.



Year 4 Stunning Start



Year 4 PGL Residential Trip

Last week, Year 4 went on their long-awaited residential trip to PGL activity centre at Windmill Hill. The children were filled with excitement in the lead up to the trip and we can certainly say that it lived up to expectations.

Over the course of three days, the children took part in a variety of adventurous activities, including the Giant Swing, Archery tag and Raft Building, and relished invaluable time with friends in their cosy cabins. Our evening activities, campfire and disco, brought everyone together, and we were thrilled to see all of the children in such high spirits.

It goes without saying that a fantastic time was had by all, and I'm certain that the children made memories together that they'll remember for years to come. Here are some pictures of our adventure!



Year 4 PGL Residential Trip



Year 4 PGL Residential Trip



Year 4 PGL Residential Trip



Y4 PGL non-attendees

The children who didn't go to PGL this year had a great time at school!

They started their special few days with a trip to Wish Park, we were very lucky with the weather! The children had lots of fun playing in the park, playing football and tennis too. We enjoyed having lunch there in the sunshine.

Back at school, they enjoyed making pizzas and eating them too. One day they worked together to make 3D Egyptian death masks and also completed a research project together.



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.





Volunteers Needed

Summer Fair

**A joint event with the Infants
and Juniors on June 29th**

11-3pm in all the playgrounds

This event promises to be bigger and better than ever!

ENTERTAINMENT FOR EVERYONE



Bric a Brac

**Collections week
June 3rd**



Tombola

**Collections week
commencing June
10th**



Raffle

**The hugely popular
raffle will be back!**

**Fair style games, inflatables and a performance
stage. Multiple food vendors, sweet treats and a
bar. Stalls from local sellers and the community**

find the link to the volunteer sign up in your class WhatsApp

FRED THE SHED



Fred the Shed is a school community non profit sharing shed that can help with non perishing items to those who are finding it especially hard in the current climate.



Our aim is to help as many families in our school community as possible and it is run by volunteering parents and carers, the sharing shed completely relies on donations of non perishable items which can be dropped into either school reception areas.



OPEN every Friday
after school

along with Fred's free bakery
which comes from generous
volunteers from Olio

Fred the Shed is located in the juniors
front playground just next to the main gates



If you don't feel comfortable with approaching the sharing shed, please email our
anonymous email address fredshedschoolroad@gmail.com

and items can be requested and left in the school reception area.



If you'd like to support Fred the Shed with your time, contact fowhis@gmail.com
To keep Fred stocked, there are collection bins in both school receptions.



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

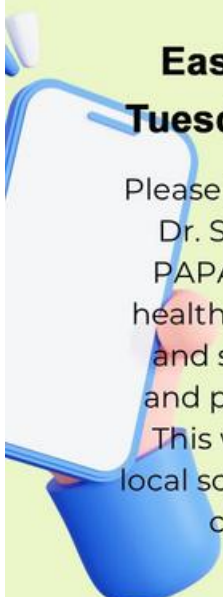
East Sussex Regional Group

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

 [www.facebook.com/
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



Scan the QR
Code to Learn
More