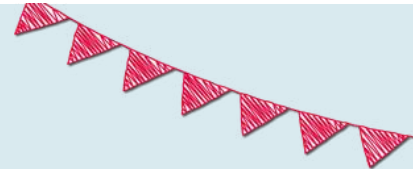




**WEST HOVE
INFANT SCHOOL**
.....
A family of friends



Hove Learning Federation Holland Road Newsletter



Friday 24th May 2024

Dear Families,

We are incredibly proud of our amazing Year 6 pupils who completed their SATS last week which such a positive and resilient mindset. We always set these end of Key Stage assessments in the wider context of our pupils' successes and we know that Year 6 will now be looking forward to a range of fun activities planned for the second half of the summer term.

It has also been great to see our children being outside more now that the weather has improved and they have been really enjoying off-site trips and local visits. I hope you enjoy reading about some of the activities the children have been doing in this newsletter.

I hope everyone has an enjoyable half-term break and we look forward to welcoming back our pupils on Tuesday 4th June.

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

27th-31st May - Half Term break
3rd June - INSET Day
4th June - First day back for pupils
24th June - Y5 Yellowwave Trip
26th June - Y1&Y2 Sports Day
27th June - Y3&Y4 Sports Day
28th June - YR & Y5/Y6 Sports Day
3rd July - Y1 Woods Mill Trip



Year 4 Bug Hunting Trip

On Thursday 16th May, Year 4 went on a (rather wet) bug hunting trip to St Ann's Well Gardens! Most recently, we have been learning about how animals can be grouped using classification keys and then we put this learning to the test by classifying invertebrates that we could find in our local environment. There were a fair few soggy feet marching back to school- the adults included- but we had a great time!



Year 5 STEM day with Albion In The Community

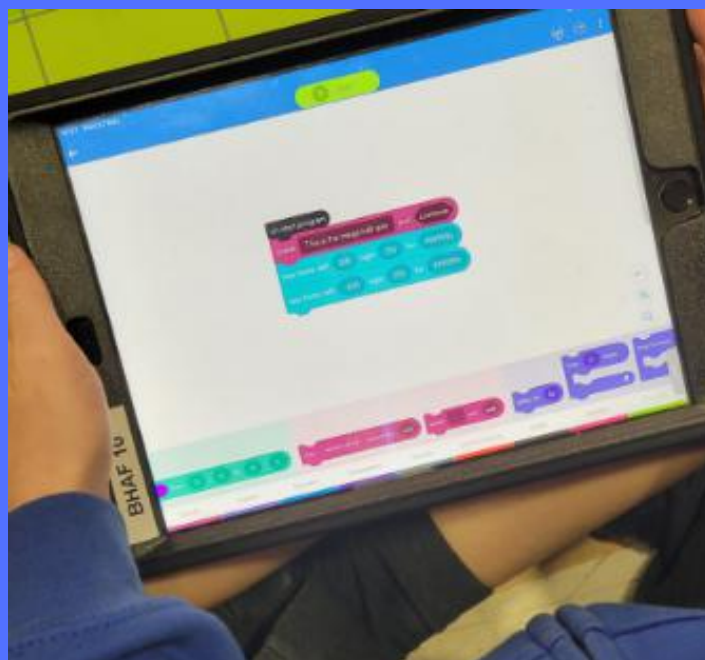
On Wednesday 22nd May, year 5 took part in a Science, Technology, Engineering and Maths (STEM) day with Albion In The Community and supported by volunteers from American Express.

The day consisted of a series of activities where the children coded football-themed robots, whilst developing their teamwork and communication skills. The afternoon focussed on a financial-literacy project in which the children worked with American Express staff to design and budget a Football-Themed Theme Park.

This focussed on costs, incomes and expenses. The day then rounded off bringing all the skills together, with the children coding their robots around their theme parks. 5 Amber are looking forward to their STEM day in July.

Isaac and Bertie – “We enjoyed programming the robots to jump up and down”.

Daniel- “The coding was crazy, fun and really complicated”.



Year 5 STEM day with Albion In The Community



Year 5 STEM day with Albion In The Community



Year 5 STEM day with Albion In The Community



Survey from the Smartphone Free Childhood Parent/Carer group:



Dear fellow parents and carers,

A huge thank you for the MORE THAN 300 responses we have already received to our anonymous Smartphone Survey!

If you have not yet completed the survey, please [CLICK HERE](#) to do so. It takes less than five minutes and will give us such valuable information about how we can best support each other around smartphone decisions.

Please complete ONE SURVEY FOR EACH CHILD you have at our school.

We are keen to hear from you, whether your child has a smartphone already or not. We want to hear what is working well for you and your child with technology and what you might be finding more challenging. It is only by hearing everyone's opinions that we can form a representative picture of how our school community feels around this topic, and plan for how we can best help and support one another.

The closing date for the survey will be Friday 7th June. We will share the survey findings and proposed next steps as soon as possible.

Many thanks,
The West Hove Infant and Hove Junior SFC Parent Working Group



SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

Book online at facefamilyadvice.co.uk

FREE - Supporting Healthy Sleep	27 JUN
FREE - Cannabis & Ketamine Awareness	30 JUL
Understanding Addictive Behaviour	16 MAY, 11 JUL, 8 AUG
Understanding the Teenage Brain	20 MAY, 15 JUL
Raising Self-Esteem	21 MAY, 16 JUL
Supporting a Child with ADHD	23 MAY, 20 JUN, 18 JUL, 15 AUG
Anxiety Explained	30 MAY, 25 JUL, 22 AUG
Understanding Anger	3 JUN, 29 JUL, 26 AUG
Introduction to OCD	11 JUN, 6 AUG
Improving Family Communication	17 JUN, 12 AUG
Autism: Improving Communication	8 JUL, 5 AUG
What is ACT?	9 JUL
Decreasing Depression	23 JUL
Supporting Healthy Sleep	20 AUG
Today's Teens & Drugs	27 AUG



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.

Vanessa Patterson Primary Tutor



- Fully qualified teacher with 20 years experience
- Enhanced DBS checked and insured
- Based in Southwick

I can offer support with:

- Early reading including phonics
- Creative writing including spelling, handwriting and grammar
- arithmetic and times tables strategies
- SATs preparation

Contact Vanessa at:

mrspprimarytutor@gmail.com

or 07540827713

to discuss your child's needs.



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