



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



Hove Learning Federation School/Portland 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
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

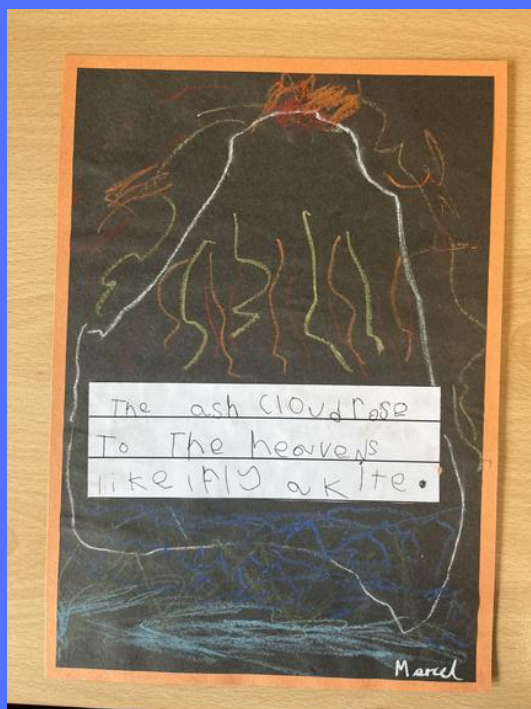
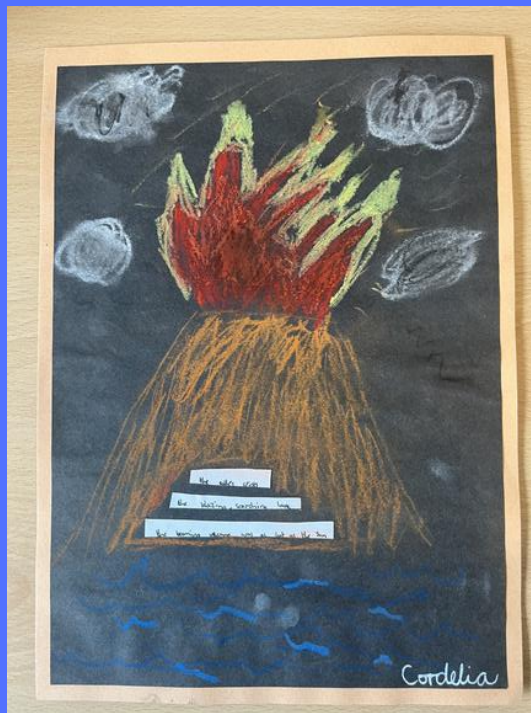
Diary Dates

27th-31st May - Half Term break
3rd June - INSET Day
4th June - First day back for pupils
4th June - Class photos/Y6 Group photo
10th June - Y5 Buddhist Trip - 5B & 5R
17th June - Y5 Buddhist Trip - 5Y & 5G
20th June - Y1 & Y2 Sports Day
25th June - PR Y3&5 Sports Day
26th June - PR Y4&6 Sports Day
26th June - Y1 Woods Mill Trip 1D &1C
26th June - Y5 Big Camp
28th June - YR Sports Day
1st July - Y1 Woods Mill Trip 1G &1B
18th July - YR Pirate Day



Year 3 Volcano Poetry

Year 3 have been enjoying writing poetry describing the volcanic eruption of Mount Vesuvius. We used lots of descriptive vocabulary and figurative language such as similes, onomatopoeia and personification!



PE Update

Save the dates!

Dear families,

Summer is fastly approaching and all the sporting events with it!
There will be a Racket festival (year 3 and 4), Withdean Athletics (Year 4, 5 and 6) and Sports week for all children at HLF with loads of exciting events, athlete visits and workshops!!

The dates for Sports days at Wish Park are:

Tuesday 25.6.24 for Year 3 (am) and Year 5 (pm)

Wednesday 26.6.24 for Year 4 (am) and Year 6 (pm)

Families will be informed nearer the time about Withdean Athletics if their child has been selected for the events.

More information will be shared nearer the time.

Brighton Galaxy Girls Have a Go afternoon at Withdean

On Monday 20th May, a group of Yr3 and 4 girls had the opportunity to go to the recently built 3G pitches at Withdean to be part in a session of football run by Brighton Galaxy Girls. The girls rotated through the pitches playing games, practising drills and played some matches against other schools, all very friendly!!

Gorgeous day out and an amazing experience for our future girl footballers!!
Here are some pics of the event.



PE Update



Free Swimming for Children and Young People

Please bring proof of your Brighton and Hove residence with you when signing up to our free swimming scheme



More information at:

<https://www.brighton-hove.gov.uk/libraries-leisure-and-arts/sport-and-activity/free-swimming>

More information at <https://www.saltdeanlido.co.uk/swim>

PE Update

Yellowwave

**Learn to
play
volleyball**

**FREE
SESSIONS**



BVDC
BRIGHTON VALLEY DISTRICT COUNCIL

Thursdays at Hove Park School, Valley Campus.

2.30pm-4pm – Hove Park Schools students only

4.30pm-6pm – OPEN TO ANYONE aged 9yrs-16yrs

Just turn up and play. No need to book.

Running: May 2, 9, 16, 23
June 6, 13, 20, 27,
July 4, 11, 18,

Meet in the sports hall. FREE OF CHARGE.



THE BLACK TRI TRIBE

BTT BRIGHTON TRIATHLON

Try ah Ting

SATURDAY 1ST OF JUNE 2024 AT 7AM
BRIGHTON- SEA LANES

CHILDRENS TRI
50M SWIM, 1K BIKE RIDE, 100M RUN

ADULT EVENTS
BTT SPECIAL: 100M SWIM, 10K BIKE RIDE, AND A 5K WALK
SPRINT: 400M SWIM, A 20K BIKE RIDE, AND A 5K JOG
OLYMPIC: 1500M SWIM, A 40K BIKE RIDE, AND A 10K RUN



PE Update

Sussex Cricket T20 Ticket Offer

The new cricket season is well underway, and it has been a good start to the season for Sussex, who currently sit top of Division 2 in the Vitality County Championship!

Sussex Sharks begin their Vitality Blast T20 campaign on Friday 31st May, where we will host the Gloucestershire Gladiators at the 1st Central County Ground from 7pm.

We are delighted to be able to offer all of our school network a special ticket offer for this game, where you can claim 20% discount off individual tickets. This is open to students, families, staff, friends and/or anyone else connected to you and your school who would be up for a night at the Cricket! To purchase a ticket please visit our website - <https://sussexcricket.co.uk/> and enter the following code at the checkout:

● Central Area - CENTRALSHARKS20

Take Part Festival 2024 at the Level

TAKEPART will have a free launch event at The Level on Saturday 22 June from 11am to 5pm.

Come along and get friendly advice on being active, healthy eating, stopping smoking and active travel. There'll be free activities and workshops for everyone to join including:

- sport and exercise
- free workshops
- health and lifestyle checks
- skateboarding lessons
- dance performances and workshops
- a healthwalk around The Level

PE Update

There will also be performances from local groups throughout the day. Whether you're looking for an activity to keep the kids busy and active, or interested in improving your health, there's something for everyone. It'll be a great way to spend time with friends and family.

Quieter hour

11am to midday will be a quieter hour for anyone who might find the rest of the day too loud or overwhelming.

There will also be a quiet area located in the Healthy Lifestyles Zone at the festival.

Volunteering

We're looking for volunteers to join us at this year's festival and help create a fantastic celebration of healthy active lifestyles.

No experience is required just enthusiasm for getting people involved and taking part. The roles involve:

- meeting and greeting
- helping at the event information point
- supporting activities taking place on the day

To register your interest and help support community sport and physical activity in Brighton & Hove send an email to healthylifestyles@brighton-hove.gov.uk.

Get rewarded for travelling more actively to TAKEPART!

Everyone who comes to the TAKEPART launch event by walking, cycling, wheeling, running or public transport will be entered into a prize draw to win a £20 Brilliant Brighton Gift Card!

To enter, download the BetterPoints app. Once you've set up an account, join the Move for Change challenge and make sure you travel to the event sustainably.

As part of Move for Change you can also get rewarded when you choose active and sustainable travel throughout the year. Earn BetterPoints for every trip, then treat yourself or donate them to charity.

Do you get a volunteering day through your work?

Please join our Saplings summer project! 🦋🌱☀️ It can be really hard to volunteer for school events during the working day, but some employers offer the chance to spend a day you would otherwise be working doing a community or volunteering project. Or you may otherwise just find it easier to dedicate a weekday.

We want to use this to mobilise volunteers who can help for a day between Wed 24th to Fri 26th July. We need to dismantle and take away three old sheds and their contents. With enough volunteers we'll install sleeper raised bed planters in place of the sheds ready for winter veg planting in Sept too.

We also need to source sleepers, compost, rubble and tools for the project. Can you help or do you have contacts who can?

If you can spare time or otherwise help with community knowledge/ expertise/ resources /contacts, please join the following What's App group for further info and to confirm your availability or how else you can help:

<https://chat.whatsapp.com/J44IAwD758A95SbJPRYmx>

Thank you in advance!

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

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.





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



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Code to Learn
More