



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



Hove Learning Federation School/Portland Road Newsletter

Friday 14th June 2024

Dear Families,

I can't believe we are into our final half term of the year but we have so much to look forward to in the next few weeks! Please do note the diary dates below as there is a lot coming up.

This is a time when we focus on transition across the school. Next week we will be running welcome meetings for our new entrants to Reception followed by meetings for our new Year 3 families in the first week of July. Our teachers are working hard on preparing the new classes for September. This is always an exciting time and we are committed to making this experience as positive and smooth as we can for all pupils. We provide enhanced transition for any pupils who need it and if you have any further questions about this please do speak to your child's class teacher or one of the Inclusion team.

Our Year 6 children are now fully immersed in their end of year productions, and we have planned a variety of fun activities for the last part of their primary school experience. They will also be having visits from their new secondary schools in preparation for their transition day on 5th July. We are incredibly proud of them and share their excitement around moving on to their next stage.

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

18th June - Y5 & Y6 Author Visit
20th June - Y1 & Y2 Sports Day
24th June - Y5 Buddhist Trip - 5Y & 5G
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 Hove Park School
27th June - Y5 Trip to Yellowwave (am)
1st July - Y1 Woods Mill Trip 1G &1B
1st July - New Y3 parent/carer meeting
5th July - Transition Day
8th July - Y5 Ancient Greece session
16th July - YR Sports Day
16th July - Year 6 Production
18th July - YR Pirate Day
18th July - Fabulous Finish Open Afternoon
19th July - Y2 Leavers Celebration
22nd July - Y5 Picnic in the Park
22nd July - Y6 Leavers Celebration
23rd July - Last day of term (non-uniform day)



Year 3

On Wednesday 5th June 2024, Year 3 at Portland Road were incredibly lucky to have a special visitor. Imam Zaid Muhammad from Sussex University came to speak to our year group, as part of our Islam topic, in RE.

We have been looking learning about the 5 Pillars of Islam. We have also talked about how and why Muslim people pray and what a pilgrimmage to Mecca involves. Imam Zaid Muhammad explained how and why Muslim people pray and explained the 5 Pillars in more detail. He shared his wealth of knowledge and we are so grateful for his visit.

The children asked sensible questions and showed how much they have learnt so far this term. We were incredibly proud of them.





PE Update

Save the **updated** dates!

Dear families,

There has been a slight change in the organisation of Hove Juniors' Sports days. To allow children, teachers and parents for a picnic in the park and a leisure walk back to school, we have decided to group the following year groups into a morning fun at the park.

So the updated times for Sports days at Wish Park are:

Tuesday 25.6.24 for Year 3 and Year 5 from 9.30-12.30

Wednesday 26.6.24 for Year 4 and Year 6 from 9.30-12.30

Withdean athletics

Families have been informed if their children are taking part in the track or field events.

If you need more information, please contact Miss Anglada or

portlandroadenquiries@hovejun.brighton-hove.sch.uk

Racket festival at Withdean Sports complex

On Wednesday 5th June, children from Years 3 and 4 had the opportunity to have a go at different racket sports at Withdean Sports complex.

They had a go at table tennis, squash, tennis and multi skills games related to racket sports coached by professionals on these sports.

They had a great time and a fun afternoon out!

Here are some pics of the event.



PE Update

Here are some clubs/ info

- Tennis Lessons at Withdean [Tennis Lessons Brighton - Junior and Adult Tennis Lessons | Freedom Leisure \(freedom-leisure.co.uk\)](#)
- Brighton Table Tennis club: [home - Brighton Table Tennis Club](#)
- Free Table Tennis club at Hove Park school Valley campus every Thursday 5-6pm
- Brighton Squash club [Brighton Squash | Great friendly and competitive squash](#)

Summer HAF 2024

Our Summer HAF programme is now live and open for bookings.

[Book your Summer HAF places now >](#)

From Wednesday 24 July to Friday 30 August, we have all kinds of activities including:

- sports
- performing arts
- computing
- the variety that playschemes offer
- youth programmes
- and so much more!

Link for info and booking

<https://www.brighton-hove.gov.uk/health-and-wellbeing/holiday-activities-and-food-haf>

<https://eequ.org/brightonhovehaf>

PE Update



Bike Week 2024

June 10 - June 16

Bike Week

Bike Week is an annual celebration of cycling that promotes its numerous benefits for individuals, communities, and the environment. It encourages people of all ages and abilities to embrace the joys of cycling and discover the freedom, health benefits, and eco-friendly nature of this sustainable mode of transportation. In this article, we delve into the significance of Bike Week 2024 and explore ways to participate in this exciting event.

<https://www.awarenessdays.com/awareness-days-calendar/bike-week-2024/>

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>

<https://www.saltdeanlido.co.uk/swim>

PE Update



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.



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

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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

PE Update

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.



BOYS CRICKET

2 FREE taster sessions for year 3 and 4 boys

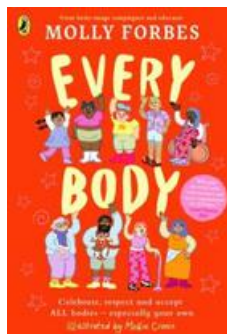
ECB qualified coaches.

No experience necessary and all equipment supplied.

Training sessions take place on Friday evenings between 4.45 and 5.45pm at the Nevill playing fields next to Blatchington Mill School and will run throughout the summer. We also have an U9's team playing in a local league on Sunday mornings for those that are ready.

Please Contact Ian White on 07789 437796 or whiteiuk@yahoo.co.uk

The club also runs a large girls cricket section. Please contact Peter Davies on 07504 296993 or girls@brightonandhovecricketclub.co.uk for details.



Dear Parents,

Author Molly Forbes will be at Hove Junior School on Tuesday 18th June to talk to children in Years 5 and 6 about her new non-fiction book, *Every Body*. About the book:

Celebrate, respect and accept ALL bodies – especially your own! We all have a body. They don't always function the same as other people's. And they certainly don't all look the same. But one thing is certain - every body deserves respect. This is an essential guide to embracing and respecting all bodies, for readers aged 9+. Sometimes social media can make us feel like we're not good enough if we don't have a 'perfect' body. But the truth is, everyone feels bad about their bodies sometimes – even celebrities with millions of followers. Author and campaigner Molly Forbes is here to show you that you - and ONLY you - get to decide how you feel about your body. And if we want to change the conversation around body image, we need to advocate for every single body - including those that look or function differently from our own.

It's time to stop criticising the way we look and celebrate all our glorious differences!

About the author: Molly Forbes is a writer, presenter, campaigner and a mum to two daughters. As the founder of social enterprise the Body Happy Organisation CIC, Molly runs workshops for teachers and youth leaders on the subject of body image, providing resources to help parents, teachers and carers to promote positive body image for children. Molly regularly appears at events and in the media talking about children's body image and mental health. She has spoken on various media outlets including ITV's *This Morning*, *BBC Breakfast*, *Sky Sunrise*, *Sky News*, *Radio 1 Newsbeat*, *Heart Breakfast* and *C4's Steph's Packed Lunch*. Molly lives in Devon with her children and husband.

After her event, Molly will be signing copies of *Every Body*. If you are interested in purchasing one for £14.99, please go to the below website. Make sure to enter your child's name and class on the form. There will be no option to purchase with cash on the day.

<https://booknookuk.com/product/every-body-celebrate-respect-and-accept-all-bodies-especially-your-own-by-molly-forbes/>

WEST HOVE INFANT SCHOOL School Road Site, Portland Road,
East Sussex, BN3 5JA
Email: admin@westhove-inf.brighton-hove.sch.uk
Tel: 01273 733386

WEST HOVE INFANT SCHOOL Holland Road Site, Holland Road,
Hove, East Sussex, BN3 1JY
Email: hollandroadenquiries@hovejun.brighton-hove.sch.uk
Tel: 01273 916707

Hove Junior School Portland Road, Hove, East Sussex, BN3 5JA
Web: www.hovejuniorschool.co.uk
Email: portlandroadenquiries@hovejun.brighton-hove.sch.uk
Telephone: 01273 916609

Hove Junior School Holland Road, Hove, East Sussex, BN3 1JY
Web: www.hovejuniorschool.co.uk
Email: hollandroadenquiries@hovejun.brighton-hove.sch.uk
Telephone: 01273 916707



Thank you for your support with our five-day walking challenge. It was lovely to see some many of you taking part in this annual celebration and enjoying the many benefits of walking to school. The average number of children per class that walked was an impressive 88%!

We hope that the week helped you and your children to experience first-hand the importance of walking to school. Also, to feel good knowing that by taking part they were on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates!

Family Philosophy Quest: The Ultimate Mission!

What a journey we have been on this year! You have traversed and travelled across many philosophical concepts. Your final mission will complete the quest and prepare you for your new adventure in your next year group!

[Journey by Aaron Becker](#) *Join a lonely young girl on her spectacular journey and see the wonders she meets and the dangers she faces. If this story was about your year at school, what events would each part of the story link to?*



The big questions: Has your year been like a journey? How can you think of your new school year as a journey?

What will help you feel prepared and how can you look after yourself and your loved ones as you set off towards a new destination?

 Caring thinking

What should we care most for – the journey or the destination?

 Co-operative thinking

Ask someone what their favorite journey was, then tell them yours.

 Creative thinking

Can we turn a daily journey into something more interesting and exciting? How?

 Critical thinking

Is there a difference between a journey and a trip/outing?

Quest Completer

Awarded to:

For:

.....

Signed: Date:



AT HOVE LEARNING FEDERATION, WE CELEBRATE LANGUAGES

LANGUAGE OF THE MONTH

This month we are celebrating

Persian/Farsi

Do you speak Persian/Farsi? Could you say the days of the week? Would you be able to teach your class how to say hello or how to count to four?

سَلام

salâm

Hello

خُدا حافظ

Khodâhâfez
Goodbye

Days of the week in Persian/Farsi

شنبه

یکشنبه

دوشنبه

سه شنبه

چهارشنبه

پنج شنبه

جمعه

shanbe

yekshanbe

doshanbe

seshanbe

châhârshanbe

panjshanbe

jome

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

1

۱

yek
یک

2

۲

do
دو

3

۳

seh
سه

4

۴

chahâr
چهار

Do you have any books in Persian/Farsi? We'd love to see them. Please bring them in to show your class (with your name in).



The CPD Standards Office
CPD PROVIDER: 22640
2024-2025
www.cpdstandards.com

ADHD course for Teachers, Parents and Related Professionals

Now available as distance learning...

Complete in your own time!

All sessions booked & delivered online via facefamilyadvice.co.uk

Tuesday

11 June

19:00 - 21:00

£24



Introduction to OCD

Obsessive Compulsive Disorder

Looking at the complexity of this serious condition.

Monday

17 June

19:00 - 21:00

£24



Improving Family Communication

How to reduce the shouting and arguing and start the talking.

Thursday

20 June

19:00 - 21:00

£24



Supporting a Child with ADHD

Challenging the stereo types and explaining how this condition impacts on the child and giving ideas on how we can support them.

Thursday

27 June

19:00 - 21:00

FREE



Supporting Healthy Sleep

Coping with insomnia, screen damage, neurodiversity dysregulation.



Sussex Community **NHS**
NHS Foundation Trust

SchoolsMentalHealthService@brighton-hove.gov.uk

Schools Mental Health Service Support for parents and carers

Helping Children/Young People Cope With Anxiety and Build Resilience

This is a 90 minute session (that can be extended for more discussion) 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?

Tuesday 9th July 2024 11.30am -1pm/1.30pm – at (Moulsecoomb Family Hub Centre) Hodshrove Ln, Brighton and Hove, Brighton BN2 4SE

Book your place at <https://www.eventbrite.com/e/907695911907?aff=oddtcreator>

One-off Parent Virtual Workshops 12:30pm-1:30pm

transition

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2024. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about their anxieties about their new school and some practical advice on how to help your child manage their worry using a CBT approach. We will also look at how to encourage young people to become independent problem solvers.

Date: 6th June 2024, book at [How to help your child transition to year 7 Tickets, Thu 6 Jun 2024 at 12:30 | Eventbrite](#)

Sleep

This workshop is aimed at parents and carers of children in Primary School. We will be looking at common difficulties children have with sleep, the recommended amount of sleep for children of different ages, and ways to support children with getting enough sleep. We will be looking at strategies around bedtime routines, the sleeping environment, life-style factors which may influence sleep, and supporting children with anxiety or worries which might be affecting their sleep.

Date: 4th July 2024, book at [Sleep Workshop for parents/ carers of PRIMARY age children Tickets, Thu 4 Jul 2024 at 12:30 | Eventbrite](#)

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 summer term:

Date: Tuesday 4th June **Time:** 10.00 – 3.00

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

Date: Monday 10th June **Time:** 10.00 – 3.00

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

Date: Tuesday 18th June **Time:** 13.00 - 16.00

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

There will be an Education Adviser available between these times, along with a Family Support Worker from the Schools Mental Health Service.

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



Does your child or young person have experience of CAMHS?

As a parent or carer of a child or young person with mental health difficulties, your experience, concerns, views and ideas are essential in helping to shape how the Trust's resource and expertise are prioritised for the next 5 years.

We would love your involvement in developing the Trust vision and priorities for 2025-2030.

 **Friday 24 May 2024**
 **10am - 11:30am**
 **Online via Zoom**



To join the conversation and attend, please email:
trina.shaw@spft.nhs.uk

Click here for more information or to share your views and ideas through a short survey



**Our
future
focus**



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.



SATURDAY 22ND JUNE 2024

TASIE
OF THE
CARIBBEAN
FOOD & DRINK FESTIVAL

STREET FOOD TRADERS – FREE KIDS ACTIVITIES – LIVE BANDS
MARKET STALLS – FUNFAIR RIDES – RUM PUNCH

50% LOCAL RESIDENT DISCOUNT

USE CODE: HOVEPARK

HOVE PARK

GOLDSTONE CRESCENT, BRIGHTON & HOVE, BN3 6BG



JOURNEYS ACROSS BORDERS: SHARE YOUR FAMILY STORY WITH US

WINDRUSH COMMUNITY DAY

Are you or your family members
from a different country?

We want to hear from you on Windrush Day!
Bring along your memorabilia and photos – or
perhaps simply tell us your story – so we can take a
quick snapshot.

JOIN US ON 22ND JUNE AT
HOVE MUSEUM OF CREATIVITY

FROM 12PM – 4PM.

FREE, DROP-IN EVENT FOR ALL AGES.

There will be:

- Live steel drum music
- Food
- Family-friendly activities

Hove Museum of Creativity,
19 New Church Road, Hove BN3 4AB



TAKE PART LOCAL HANGLETON



**HANGLETON PARK – next to
Hangleton Community Centre,
Harmsworth Crescent, Hove,
BN3 8BW**

**SATURDAY
6th July
11am to 2pm**

A FREE community fun day
celebrating sport and wellbeing
activities including stalls, tasters and
demonstrations:

**To find out more contact
Claire Hines 07422692831
claire.hines@hkproject.org.uk**

- Street dance
- Boxing
- Yoga
- Tag Rugby
- Bollywood
- Zumba
- Bike repair
- Refreshments
- And much more!



**The Hangleton
& Knoll Project**
Working for a better community



**Brighton & Hove
City Council**



School of Psychology, University of Sussex

TAKE PART IN RESEARCH

Calling parents/carers of children aged 5 and under

We are currently recruiting parents/carers to join our participant database. Sign up today if you would like to be contacted about research opportunities with your child at the University of Sussex

For more information and to sign up, follow the link below or scan the QR code

<https://tinyurl.com/ycxpbetd>



Gifts for
children with
each study



JULY DISCOUNT

**10% OFF ALL SCHOOL UNIFORM
PURCHASED ONLINE BETWEEN
JULY 1st & JULY 31st**

**Industrial House, Conway Street,
Hove, BN3 3LW**

Telephone: 01273 321209

Monday-Friday 9.00am to 5.00

Visit our website, logosports.co.uk

**All internet orders can be collected or dispatched
by courier to your preferred delivery address**

Internet discount code: JULY24

This offer is only valid on items purchased between 01/07/24 & 31/07/24

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.



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

Vanessa Patterson Primary Tutor



20 years teaching
experience



Face to face lessons
delivered in Southwick

Key Stages 1 and 2
maths and English

1:1 sessions tailored to
your child

What I can offer:

- Outstanding teaching delivered on a 1:1 basis
- Learning personalised to your child's individual needs
- Free 15 minute phone or zoom consultation
- Expert advice and dedicated time to discuss your child's needs
- Building your child's confidence
- Weekday and weekend sessions

Contact Vanessa at:
mrsppprimarytutor@gmail.com
or 07540827713
to discuss your child's needs.

Vanessa Patterson Primary Tutor



LIMITED
OFFER

£100 for 5 sessions

Save over 40%

Book and pay before June 30th

Get ready for the new school year with 1:1 Summer Intensive Tutoring!

Help your child catch up and get ahead before the next academic year with my Summer Intensive Booster Sessions. Designed for primary aged children, I provide personalised sessions for an hour a day over one week, focusing on key skills in maths and English.

Limited spaces available
on these dates:

12th August to 16th August

19th August to 23rd August

Sessions take place face to face in Southwick
or online.