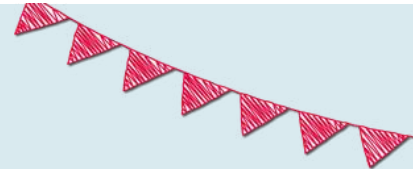




WEST HOVE
INFANT SCHOOL
.....
A family of friends



Hove Learning Federation Holland Road Newsletter



Friday 13th September 2024

Dear Families,

Welcome back to school and a warm welcome to all our new families joining us. We are delighted to welcome you back to school and it has been great to see so many families at our meet the teacher events across all 3 sites.

At the start of term, we have been working hard on developing the routines and learning behaviours in class and around the school that support the children's learning. We are proud to offer an exciting and creative curriculum offer across both schools that enriches the children's learning experiences. We are looking forward to supporting your child's learning and our vision for the federation continues to be that:

We provide high-quality education to all pupils. This is realised through strong, shared values, policies, and exceptional, inclusive practice.

We are a Family of Friends who LEARN together.

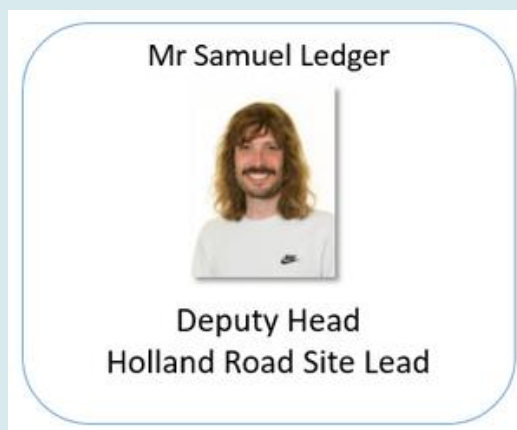
Our key priorities identified through school performance review & evaluation for 2024-25 are:

1. Leadership & Management	The new leadership structure and development programme advances the Federation whilst maintaining high standards and expectations.
2. Quality of Education	Enhance and enrich the curriculum with cultural capital and creativity ensuring staff are trained to have the highest pedagogical understanding in order to achieve consistent excellence in teaching and learning for all pupils.
3. Behaviour and attitudes	School culture and systems for behaviour support excellent standards of teaching and learning.
4. Standards	Attainment and progress in writing is increased for all children with a secure focus on assessment to drive improvement



A more detailed version of our priorities is available on the [WHIS](#) and [HJS](#) school websites.

Communication is central to the building strong relationships with our families. Each of our sites has a site lead. They are on site every day and can be contacted via the school office.



If you have a worry or concern please speak to your child's class teacher or contact them through the school office or use our enquiries emails below and we will be in touch.

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,

Maddie Southern

Prospective parent visits

Holland Road Reception visits:

Thursday 17th October - 10.45am

Tuesday 12th November - 10.45am

Thursday 14th November - 10.45am

Thursday 21st November - 6.15pm

Thursday 9th January - 10.45am

Holland Road Year 3 visits:

Tuesday 12th November - 6pm

Wednesday 20th November - open morning

Diary Dates

23rd Sept - Individual Photos - Infants & Juniors

25th Sept - Y1 Maths Talk

26th Sept - Y2 Maths Talk

11th October - SR School Nurse Drop In

18th October - Flu Vaccinations

22nd October - Y5 Brighton & Hove Museum trip

22nd October - Parent/Teacher Consultations

24th October - Parent/Teacher Consultations

28th Oct - 1st Nov - Half Term

4th November - INSET Day



Hove Learning Federation awarded GOLD for 2023-24



We are delighted to announce that we, Hove Learning Federation, have achieved the School Games Gold Mark Award for the 2023/24 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Our sporting achievements this year include attending: Rugby League festivals, Cross Country at Waterhall, Basketball Festivals, Indoor Cricket tournaments, Indoor Cricket skills development, Let's Dance, Netball festivals, Multi skills Festivals, Hockey Festivals, Tri Golf, Outdoor Cricket tournaments, Withdean athletics and many more inter and intra school events designed to increase enjoyment of physical activity amongst our children.

With a total of 400 young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to:

The children who attend our schools for their enthusiasm and efforts in sport this year, parents and carers for your continuous support, the office team for their unfailing efforts in helping to organise events and all staff at Hove Learning Federation for their dedication and commitment to PE and sport.

We look forward to many more memorable sporting moments in 2024-25!

Miss Allum and Miss Anglada





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.

After-school has never been so much fun!



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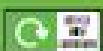
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- 2** Opt-in to Cashpot for Schools and follow the steps in your app
- 3** Shop, scan and we donate



Selected stores. Minimum spend £2+. Exclusions apply including Asda Express & George.com. Subject to availability. UK 18+. App & Opt in required. 0.5% of the value of a customer's eligible shop is donated. Publicly funded primary schools must register with Parentkind charity 1072833. Full T&Cs at asda.com/cashpotforschools. Rewards T&Cs at asda.com/rewards/terms. Ends 30.11.24

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gilllett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

Vanessa Patterson Primary Tutor



20 years experience
working as a primary
school teacher across
Sussex

Key Stages 1 and 2
maths and English



Face to face or online
sessions available

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:

mrspprimarytutor@gmail.com or

07540827713 to discuss your child's needs.

Scan the QR code to visit my Facebook
page and see testimonials.



**Vanessa Patterson
Primary Tutor**



**Starting
in October**

Year 6 SATs Maths Booster Group Classes

What the classes involve:

- Developing arithmetic calculation methods
- Applying arithmetic methods to problem solving
- Practical ways to answer questions
- Building confidence to answer questions

**Thursdays
5.45pm-6.45pm
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£20 per hour**

- Fully qualified teacher
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- Friendly and supportive tutor
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mrspprimarytutor@gmail.com
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child's space**