



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



Hove Learning Federation School/Portland Road Newsletter

Friday 25th October 2024

Dear Families,

Thank you all for your continued support this half term. We hope you enjoyed parent's evening and it has been wonderful to see so many families coming into school to share their children's learning this half term. We would be really grateful if you could take the time to help us to improve these events by taking part in our school survey. The links to access the survey are as follows:

WHIS - <https://www.surveymonkey.com/r/6HTRRGK>

HJS - <https://www.surveymonkey.com/r/573SQ6G>

Thank you also to all our wonderful volunteers across the school's community. Your support with events like the Spooky Discos, 'Fred The Shed' our sharing food shack, 'Saplings' and reading volunteering across the school is so greatly appreciated by the whole staff. This years Spooky Discos at Holland Road and Portland Road were really inspiring and the pupils had such a wonderful time taking part in the dancing and other activities on offer. We are looking forward to the School Road Spooky Disco after half term.

Our Eco Councils on all our sites have also been very busy organising their book swaps to recycle old and used books across the school. Thank you to all of you who donated books for this sharing community event. We are looking forward to setting up more eco community events across the academic year inspired by your children.

Please let us know if you still need spaces for our afterschool provision at the School/Portland Road sites. We are considering extending the size of the club, as it has been so popular with families, and we will keep you up-to-date with this after half term.

Have a wonderful half term and we look forward to seeing you on Tuesday 5th November. **Monday 4th November is a school inset day.**



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,
Maddie Southern

Prospective parent visits

School Road Reception visits:

Monday 11th November - 9.30 & 10.45
Wednesday 13th November - 9.30 & 10.45
Wednesday 20th November - 5pm
Monday 13th January - 9.30

Portland Road Year 3 visits:

Monday 11th November - 6pm
Monday 18th November – open morning

Diary Dates

28th Oct - 1st Nov - Half Term
4th November - INSET Day
5th & 7th November - Year 5 Brighton & Hove Museum trips
7th November - Year 6 Height & Weight Checks
7th November - SR Spooky Disco
8th November - KS2 Times Table Rock Star Day
15th November - Children in Need - dress down day



Eco Book Swap



On Wednesday 16th October, we held a book swap to recycle unwanted/unused books and give them a new home.

Both eco councils from the Infants and Juniors helped to organise the event and sorted the books into helpful categories.

It was wonderful to see so many children excited to take home new books to enjoy!

Thank you to all families who kindly donated such wonderful books.



Lego donation for School Road

Lego have kindly donated a big box of Lego to our School Road site.

A big thank you to Matthew Normington for arranging this donation!



500 Words Competition

The **500 Words Competition** is the UK's largest story-writing competition for primary-aged children. The aim of the competition is to get children of all abilities and backgrounds to use their creativity and imagination to write a story that they would love to read themselves.

There are two age categories: 5-7 and 8-11 year-olds. Entries are invited for an original piece of prose fiction, written in English, that is no more than 500 words long. All stories are judged on characterisation, plot, originality, language and enjoyment.

Volunteer judges and official partners The Reading Agency whittle down the thousands of entries over two rounds of judging to produce a list of 50 finalists. The winners are chosen by a panel of judges made up of children's authors.

The gold, silver and bronze winners for each age category will have their stories read by a celebrity guest reader at the grand final on World Book Day and each winning story will receive its own illustration by a top children's illustrator and will be included in an exclusive 500 Words winning stories book.

Timetable:

- Registration to be a volunteer judge opens in August.
- The 2024 competition opened for entries on 24th September 2024.
- The deadline for entries is 8th November 2024.
- The winners will be announced on World Book Day, 6th March 2025.

Cost: Free

About 500 Words: The 500 Words Competition was launched in 2011 by Chris Evans when he was the presenter of the Radio 2 Breakfast Show. Since its launch, it has received over one million stories from children around the UK. After a brief pause, the 500 Words Competition is returning to the BBC where it will be hosted by BBC Breakfast, supported by BBC Teach and a group of partners that include leading UK publishers and literacy organisations.

Further resources

- Watch the **500 Words Live Lesson 2024** from September on CBBC, BBC iPlayer and BBC Teach.
- Read the **top 50 stories** from last year's 500 words competition.
- Authors share some **Tips and Tricks** on how to write your best story.
- Find ideas to support and inspire young writers **aged 5-7** and **7-11** from the BBC and partner organisations.



Update from the Smartphone Free Childhood Working Group

[Sign the Smartphone Free Childhood Parent Pact here](#)

STOP THE PRESS! We are top of the East Sussex [leaderboard](#), with almost 14% of parents at West Hove Infants and Hove Juniors signing up - that's 164 children!

The Parent Pact signals your intention to delay giving your child a smartphone until they reach the age of 14. It's voluntary and non-binding, but with all these sign ups, it will get easier and easier to change the conversation and conventions around smartphones for our kids. So please sign up, your input will continue to make a huge difference for everyone at the school.

Want to see a breakdown per year? Chances are, someone else in your child's class has signed up too - we'd love to hear from you if you've started chatting to others in your child's class about smartphones, and the pact.

- YrR 10%
- Yr1 18%
- Yr2 14%
- Yr3 11%
- Yr4 19%
- Yr5 15%
- Yr6 12%

Regular links

As always, find more info on our page on the school websites:

- [West Hove Infants](#)
- [Hove Juniors](#)

For friendly, informal discussion, support, and a space to ask questions about all things smartphone related, please join our WhatsApp groups:

- [Portland Road site](#)
- [Holland Road site](#)

Wishing everyone a great weekend!

All the best,
the West Hove Infant and Hove Junior SFC Working Group



ANTI-RACIST PARENT GROUP



We're seeking for members of our community to:

- ✓ Attend meetings once per half term to share positive work happening in the school and ways to improve
- ✓ Share their experiences with key staff in the school

**JOIN NOW!
SIGN UP VIA
THE QR
CODE**



COST OF LIVING PROGRAMME



With Interpreters

Struggling with water, gas and electricity bills? Food prices and childcare costs?

Confused about benefits and council tax?

We can help! Book one of our sessions



2024 Dates:

15th October | 19th November |
3rd December |

Time: 10:00-12.30

Where: Citizens Advice Bureau,
Tisbury Road BN3 3BQ



By appointment only:
col@niwbh.org or
077 83 792 650



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

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



The National College®

Groups and Courses for Parents and Carers

Monthly support group for parents of children having difficulties accessing school

Our family support workers run a monthly drop in group for parents/carers of children struggling to attend schools. It's a place to get support and meet others in the same situation. The next meet up will be on Thursday 17th October 11-12.30pm at the Al Campo Lounge, London Road

For more information or further dates please email Sharyn.Brazier@brighton-hove.gov.uk

"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"

Helping Children/Young People Cope With Anxiety and Build Resilience

This is 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?

Tue, 26 Nov 2024 11:45 - 13:30

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>



SPOOKY DISCO

PARENT BAR
WINE, BEER
& PROSECO
ON SALE



MUSIC, GAMES, CRAFTS
FANCY DRESS COMPETITION

Thurs
7th
Nov

RECEPTION

3.45 - 4.45

YEAR 1 & 2

5.00 - 6.30

TICKETS £5

ONLINE TICKET SALES

ALL CHILDREN MUST BE ACCOMPANIED
BY A RESPONSIBLE ADULT, 3 CHILDREN
TO 1 ADULT AT MINIMUM

PRE-ORDER:
HOTDOGS &
DOUGHNUT

Tickets include drink, crisps, temporary
tattoo and slime Lucky Dip!

Friends of West Hove Infant School. Registered Charity: 1133890

Hove Learning Federation

After School Club

We offer wraparound care for your child at our **HLF** Afterschool Club. The children attend straight from school until 6pm. During this time your child can immerse themselves in Lego play, fancy dress, arts and crafts as well as play in one of our playgrounds - there's something for everyone. It gives the children a safe space to unwind after a busy day of learning with their friends, under the care of our fabulous school club team led by Eddie

£15 per session with 10% discount for additional siblings when attending the same session.

Book your child's space via Magic Booking ensuring to include additional information such as medical needs and allergies within the profile section.

If your child is attending another club beforehand or is being picked up by someone else, please contact Eddie on

eddiecockerell@westhove-inf.brighton-hove.sch.uk



A high tea is also offered during this session - this is not intended as a substitute for a main evening meal.

Afterschool Club is based within the School Canteen - accessed via the Infants pedestrian gate.

HLF club



ALL ABOUT ANXIETY



PARENT / CARER DROP IN!

☒ WHAT IS ANXIETY?

☒ WHERE DOES IT
COME FROM?

☒ HOW TO RESPOND

☒ STRATEGIES

THIS WORKSHOP IS AIMED AT PARENTS AND CARERS OF SCHOOL AGE CHILDREN. WE WILL LOOK AT WHAT ANXIETY IS EXACTLY, WHERE IT COMES FROM, AND WHAT KEEPS CHILDREN FEELING ANXIOUS. WE AIM TO HELP YOU GET A BETTER UNDERSTANDING OF YOUR CHILD'S ANXIETY BY LOOKING AT HOW YOUR CHILDREN FEEL, THINK, AND RESPOND TO TRIGGERS OR SITUATIONS THAT MAKE THEM FEEL ANXIOUS. WE WILL THEN INTRODUCE STRATEGIES THAT CAN HELP, BOTH IN THE SHORT TERM, SUCH AS BREATHING AND DISTRACTION TECHNIQUES, AS WELL AS LONGER-TERM STRATEGIES INCLUDING HELPING YOUR CHILD FACE THEIR FEARS AND BUILD UP THEIR CONFIDENCE THROUGH SUPPORTIVE CONVERSATIONS.

MONDAY 18TH NOVEMBER 9AM - 10AM
CHILDREN'S CENTRE, WEST HOVE INFANTS
- SCHOOL ROAD

HOSTED BY CLAIRE HARRINGTON FROM THE
SCHOOLS MENTAL HEALTH TEAM

**NO NEED TO
BOOK - JUST
DROP IN!**



Safer Sleep for Babies and Coping with a Crying Baby

What Everyone Needs to Know

This 2 hour webinar, delivered by nurses from the safeguarding children team, is suitable for all professionals working with parents/carers who care for a young baby or expectant parent(s).

Current research will be presented to enable you to learn about the importance of sharing new safer sleep information with families and also how to have effective conversations around crying babies.

Information and resources will also be shared to support your work in this important area of safeguarding.

Training Objectives

The aim of this webinar is to provide you with an awareness of safer sleeping messages and how you can support parents/carers in conversations around safer sleeping and coping with crying babies.



Learning Outcomes

By attending this webinar you will be able to:

- ☐ List the key factors affecting vulnerability relating to Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Infants (SUDI)
- ☐ Have an improved awareness of safer sleep that will enable you to facilitate conversations with parents/carers in how to make every sleep a safer sleep.
- ☐ Explain the responsibilities of professionals in making safer sleep everyone's responsibility in aiming to reduce the incidence of SIDS/SUDI.
- ☐ Explain about Abusive Head Trauma (shaken baby) and how it can happen.
- ☐ Recognise Abusive Head Trauma is a form of child abuse.
- ☐ Share the message that crying in babies is normal.
- ☐ Support parents/carers to soothe their baby.
- ☐ Support parents to cope with a baby's crying.

How to Book

Please select the area which you work within and follow the instructions to book below:- **West Sussex**— please book your place via the

[Learning Pool](#). If you do not already have an account you can [request a new account](#). If you need any support accessing this course please contact the West Sussex team at learninganddevelopment@westsussex.gov.uk

East Sussex—please book your place via the [Learning Pool](#). If you do not already have an account, you will need to set up an account and search for the course.

Brighton & Hove—please book your place via the [Learning Zone](#). If you do not already have an account, you will need to set up an account and search for the course. If you need any support accessing this course please contact the Brighton and Hove team at BHSCP@brighton-hove.gov.uk.

Upcoming Dates

4th October 2024: 10:30am-12:30pm

12th November 2024: 10:30am-12:30pm



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.

INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate **££s** to schools.

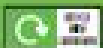
**CASHPOT
FOR
SCHOOLS**



With
Parentkind

HERE'S HOW

- 1** Download the Asda Rewards app & sign up today
- 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

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.



**Vanessa Patterson
Primary Tutor**



**Term time
sessions
running until
May**



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
online
£20 per hour**

- Fully qualified teacher
- DBS checked
- Friendly and supportive tutor
- 20 years classroom experience

**Contact Vanessa at:
mrspprimarytutor@gmail.com
or 07540827713 to secure your
child's space**

**Vanessa Patterson
Primary Tutor**



**Suitable for
ages 7-10**



Times Table Booster Group

What the classes involve:

- Support to learn key multiplication facts
- Fun games and interactive activities
- Tips for recalling 'tricky' facts
- Building confidence and speed

**Term time
Wednesdays
5.30pm-6.00pm
online
£10 per session**

- Fully qualified teacher
- DBS checked
- Friendly and supportive tutor
- 20 years classroom experience

**Contact Vanessa at:
mrsppprimarytutor@gmail.com
or 07540827713 to secure your
child's space**



popolo
CERAMICO

Paint your Own Christmas Pottery
Monday 4 November

Book here: **from 10:00am**

https://bookwhen.com/popoloceramico_brighton



Brand Vaughan are proud to be partnered with West Hove Infant School and Hove Junior School.

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vaughan

Sell or let your property with Brand Vaughan and receive
20% off our standard selling or lettings fee.

Each time you sell or let your property through Brand Vaughan, West Hove Junior School will receive **10%** of the referred selling or letting fee.

Our partnership with West Hove Junior school, not only benefits you, but also benefits your children's school.

Speak to our team today, we offer free, no obligation valuations.

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