



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



# Hove Learning Federation School/Portland Road Newsletter

Friday 21st October 2022

Dear Parents and Carers,

A huge thank you to all our PTAs across all three sites who have worked tirelessly to organise the much-anticipated spooky disco for the children this week. Thank you to all parents and carers for the kind words and happy smiling faces at the gate each morning - you really do set us up for the day and we all look forward to seeing many more of you after half term at the 'Parent/Carer Teacher Consultations' in school on Tuesday 8th and Thursday 10th November. Details, including how to book slots on line, have been sent out last week. If you have trouble booking appointments, please contact the school office.

## **Free School Meals**

At Hove Learning Federation we ensure that families who are eligible for pupil premium benefit directly from the extra money that this brings through free educational visits, subsidised residential trips and free club places. Please check to see if you are eligible to benefit from this important financial support, particularly during these challenging times. Even if you decide not to take up the whole offer, the school does still benefit from additional finance from the government for each child registered as receiving FSM. Check eligibility and apply via [www.brighton-hove.gov.uk/schools](http://www.brighton-hove.gov.uk/schools) or visit the school office.



As part of our commitment to Brighton and Hove City Council's 'Our City Our World project', we have so far this term been focussing on environmental education during our assemblies. We have also been busy electing our representatives from each of the classes for both our School's Council and Eco Council. We look forward to hearing their thoughts, ideas and opinions on how we can improve all aspects of our current provision.

Have a wonderful half term holiday and we look forward to seeing you back at school on Tuesday 1st November. Remember Monday 31st October 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](mailto:admin@westhove-inf.brighton-hove.sch.uk)  
01273 733386

Hove Junior School  
[portlandroadenquiries@hovejun.brighton-hove.sch.uk](mailto:portlandroadenquiries@hovejun.brighton-hove.sch.uk)  
01273 916609

Hove Junior School Inclusion Team  
[inclusionteam@hovejun.brighton-hove.sch.uk](mailto:inclusionteam@hovejun.brighton-hove.sch.uk)  
01273 916609

Best wishes,  
Maddie Southern and Ben Massey

## Diary Dates

- Friday 21st October** - Reception Spooky Disco @3.30pm
- Monday 24th-28th October** - half term holiday
- Monday 31st October** - **INSET day** - no children in school
- Tuesday 1st November** - children return to school
- Tuesday 1st November** - Yr2 New Parent's Evening at Hove Junior School PR 6-7pm
- Tuesday 8th November** - Parent/Carer Teacher Consultations 3.45pm-6.30pm book via Schoolpings
- Thursday 10th November** - Parent/Carer Teacher Consultations 3.45pm-6.30pm book via Schoolpings



# Year 5/6 Tag Rugby Festival 13/10/22

On Thursday 13th October, Miss Anglada and Mrs Porter joined 12 year 5 and 6 children at Hove Rugby Club for an afternoon of Tag Rugby celebrating this year's Rugby League World Cup being hosted in England from the 15th October- 19th November. It was a great afternoon with lots of schools across Brighton and Hove taking part.

The Sports Leaders from the Cardinal Newman Rugby Academy were fantastic in running the activities and coaching the games.

We even had the chance to play a match against Holland Road which was incredibly close and ended in a 3-3 draw. Everyone had a great time and showed huge enthusiasm for the sport. We were so impressed with all the children who took part- you were all wonderful and represented the school brilliantly.



# Year 2 Prospective Parents Open Evening at Hove Junior School (For Year 3 entry Sept 2023)

Dear Parents/Carers

We are delighted our Year 2 parents evening will take place on Tuesday 1st November at 6pm in the school hall. This open evening is for parents/carers of children who will be joining Hove Junior School at the Portland Road site in September 2023. We are committed to ensuring that the transfer from the Infants to the Junior School is not just smooth, but is actually a very positive and exciting experience for all the children. Equally, we want this to be the case for parents and carers. You can find further information about the school on our website: [hovejuniorschool.co.uk](http://hovejuniorschool.co.uk)

Many thanks and we very much look forward to meeting you, and working with you, over the next four years.

Kind regards

Maddie Southern,  
Headteacher

Ben Massey,  
Head of School

Niamh O'Shea,  
Deputy Head of School



# MHST WORKSHOPS 2022-2023

## ONE-OFF PARENT VIRTUAL WORKSHOPS 12.30-1.30 TUESDAYS

### SLEEP

This workshop is aimed at parents and carers of children in the stated key stage. 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.

**Primary** 1st November 2022 [Sleep Workshop for parents/ carers of PRIMARY age children Tickets, Tue, Nov 1, 2022 at 12:30 PM | Eventbrite](#)

**Primary** 2nd February 2023 [Sleep workshop for parents/carers of PRIMARY aged children Tickets, Tue 21 Feb 2023 at 12:30 | Eventbrite](#)

**Secondary** 15th November 2022 [Sleep workshop for parents/carers of SECONDARY aged children Tickets, Tue 15 Nov 2022 at 12:30 | Eventbrite](#)

**Secondary** 7th March 2023 [Sleep workshop for parents/carers of SECONDARY age children Tickets, Tue, Mar 7, 2023 at 12:30 PM | Eventbrite](#)

This workshop is aimed at parents and carers of children in the stated key stage. We will be using a cognitive-behavioural model to understand how thoughts, feelings and behaviours are linked and form unhelpful patterns that can lead into a downward spiral of persistent low mood. We look at ways you might be able to help your child, including addressing your child's sleep, routine, exercise and eating patterns. We will also touch on ways you as a parent might be able to support your young person's negative thoughts or unhelpful behaviour patterns.

### LOW MOOD

**Primary** 24th January 2023 [Low Mood workshop for parents/carers of PRIMARY age children Tickets, Tue 24 Jan 2023 at 12:30 | Eventbrite](#)

**Primary** 2nd May 2023 [Low Mood workshop for parents/carers of PRIMARY aged children Tickets, Tue 2 May 2023 at 12:30 | Eventbrite](#)

**Secondary** 7th Feb 2023 [Low Mood Workshop for parents/carers of SECONDARY aged children Tickets, Tue 7 Feb 2023 at 12:30 | Eventbrite](#)

**Secondary** 16th May 2023 [Low Mood workshop for parents/carers of SECONDARY aged children Tickets, Tue 16 May 2023 at 12:30 | Eventbrite](#)

### ANXIETY

This workshop is aimed at parents and carers of children in the stated key stage. 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.

**Primary** 29th November 2022 [Anxiety Workshop for parents/carers of PRIMARY aged children Tickets, Tue 29 Nov 2022 at 12:30 | Eventbrite](#)

**Primary** 21st March 2023 [Anxiety workshop for parents/carers of PRIMARY aged children Tickets, Tue 21 Mar 2023 at 12:30 | Eventbrite](#)

**Secondary** (exam stress focus) 10th January 2023 [Exam stress workshop for parents/carers of SECONDARY aged children Tickets, Tue 10 Jan 2023 at 12:30 | Eventbrite](#)

**Secondary** 18th April 2023 [Anxiety Workshop for parents/ carers of SECONDARY age children Tickets, Tue, Apr 18, 2023 at 12:30 PM | Eventbrite](#)



# MHST WORKSHOPS 2022-2023

## ONE-OFF PARENT VIRTUAL WORKSHOPS 12.30-1.30 TUESDAYS

### TRANSITION

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2023. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about school transition anxieties 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.

27th June 2023 [Transitions workshop for parents/carers of children moving from yr 6 - yr 7 Tickets, Tue 27 Jun 2023 at 12:30 | Eventbrite](#)

## ONGOING PARENT VIRTUAL GROUPS (4 WEEKS) 12.30 - 1.30 THURSDAYS

This group is aimed at parents and carers of children in the stated age group. This programme will guide parents how to use cognitive-behavioural techniques to help their children overcome fears and worries. The programme includes learning how anxiety develops and is maintained, that is to say what keeps children's anxiety going and prevents them getting over their fears. We will then move on to exploring what your child needs to learn to overcome their fears or worries and how to implement strategies to encourage your child to become more independent. The programme will run over 4 weeks and will be a combination of 4 one-hour group sessions, reading tasks before sessions and some in between session work such as practising techniques learned during the sessions.

### ANXIETY

**5-9 year old Anxiety** (introduction call and 4 sessions) 12th January 2023 to 9th February 2023 [Understanding Your Child's Fears and Worries - 4 week programme \(ages 5-9\) Tickets, Thu 12 Jan 2023 at 12:30 | Eventbrite](#)

**9-12 year old Anxiety** (introduction call and 4 sessions) 2nd March 2023 to 30th March 2023 [4 week Anxiety Programme for parents/ carers of children aged 9-11 Tickets, Thu, Mar 2, 2023 at 12:30 PM | Eventbrite](#)

### BEHAVIOUR

This group is based on the Incredible Years parenting programme and is aimed at parents and carers of children aged 5-9 years old. If you are interested in taking part in this group, we aim to speak with you individually to understand your child's needs and the reason for looking for support. Following this there are four group sessions, in which we cover various strategies to try at home with your child, using an evidence-based programme of carefully selected tips and ideas that scaffold onto each other and build up gradually. This way, over time you and your family will be equipped with strategies that can reduce problematic behaviour and increase desired behaviour.

**5-9 year old Behaviour** (introduction call and 4 sessions) 27th April 2023 to 25th May 2023 [Supporting Your Child's Behaviour - 4 week programme for children aged 5-9 Tickets, Thu 27 Apr 2023 at 12:30 | Eventbrite](#)

# Brighton & Hove City Council and BeeZee Bodies - Information on Services for Young People



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Brighton and Hove Council to provide FREE (and FUN!) healthy lifestyles support for families across Brighton and Hove.

Join our fun, free, family-focused (*oh, and did we mention award-winning?!*) healthy lifestyles course, **BeeZee Families**.

Aimed at 5-15 year olds and their families, the course covers topics from healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

BeeZee Families groups run termly in Brighton & Hove and begin in January, April and September.

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of likeminded families.

## GET ON THE WAITING LIST!

Just go to [beezeebodies.com/families](https://beezeebodies.com/families) (or scan the QR code!) to find out more.



\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Brighton and Hove and include one child who is above their ideal healthy weight.

## AUTUMN BINGO!

GO FOR A NICE WALK AND SEE HOW MANY OF THESE THINGS YOU CAN FIND!

Squirrel



Mushroom



Conkers



Hot chocolate



Spider's Web

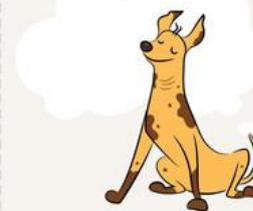


Autumn leaves

Pumpkin



Muddy paws!



Someone wrapped up warm



[beezeebodies.com/families](https://beezeebodies.com/families)

BeeZee Families

01273 294589





NOW ON SALE - VISIT [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK) FOR MORE INFO



## OCTOBER HALF TERM 2022

"Childcare during the holidays they want to go to"  
Fresh air. Fresh activities. Fresh attitude.



### CREEPY CRAFTS & CAMPFIRE COOKOUT

Taking inspiration from Latin American culture, join us for a day of toasting churros on the campfire, making spooky Day of the Dead sugar skulls & playing loads of ghoulish games.

### SNOT, BLOOD & ZOMBIES

Not as scary as it sounds! We'll be embarking on a zombie fun-filled day of snotty slime making, edible blood & scab making, a hilarious body part scavenger hunt & lots of light-hearted Halloween fun & games.

### HARRY POTTER DAY

In this session, we draw our inspiration from the Harry Potter book series. A firm favourite for all you Potter fans. Have fun whittling your very own woodland wand, brew potions & play the game of Quidditch! How will you defend against the dark arts of our dementor?

### NERF - WINTER WASTELAND

Join us for an energetic day of Nerf dart dodging, playing tactical, team-based Nerf games in our apocalyptic winter wasteland. Defend The Vault, Swamp Rescue & Zombie Apocalypse. Lock & load, kids! (Due to more competitive nature of this day, age 6+ is recommended)

### KENSUKE'S KINGDOM - WILDERNESS ADVENTURE

Part of our Literature to Life series, based on Michael Morpurgo's book Kensuke's Kingdom. Join us on Kensuke's shipwrecked island where we'll survive by making our very own traditional trident fishing spear to take home, create Japanese-style art from chalk rubbings & 'squid ink' Japanese letter writing, & help us rescue the orangutans from the evil poachers.



For more info on dates, locations and how the clubs run & to book: [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)



## OCTOBER HALF TERM 2022

"Childcare during the holidays they want to go to"  
Fresh air. Fresh activities. Fresh attitude.



### LANCING PREP HOVE

- MON 17TH OCT CREEPY CRAFTS & CAMPFIRE COOKOUT
- TUES 18TH OCT BLOOD, SNOT & ZOMBIES
- WEDS 19TH OCT HARRY POTTER DAY
- THURS 20TH OCT NERF - WINTER WASTELAND
- FRI 21ST OCT KENSUKE'S KINGDOM WILDERNESS ADVENTURE
- MON 24TH OCT KENSUKE'S KINGDOM WILDERNESS ADVENTURE
- TUES 25TH OCT NERF - WINTER WASTELAND
- WEDS 26TH OCT HARRY POTTER DAY
- THURS 27TH OCT BLOOD, SNOT & ZOMBIES
- FRI 28TH OCT CREEPY CRAFTS & CAMPFIRE COOKOUT



### COTTESMORE ST MARY'S

- MON 24TH OCT CREEPY CRAFTS & CAMPFIRE COOKOUT
- TUES 25TH OCT BLOOD, SNOT & ZOMBIES
- WEDS 26TH OCT NERF - WINTER WASTELAND
- THURS 27TH OCT KENSUKE'S KINGDOM WILDERNESS ADVENTURE
- FRI 28TH OCT HARRY POTTER DAY



"RECOMMENDED FOR ALL FREE-RANGE FANS!"

For more info on dates, locations and how the clubs run & to book: [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)  
BIRTHDAY PARTIES - AFTER SCHOOL CLUBS - SCHOOL WORKSHOPS - PARENT TODDLER GROUP - FRANCHISE - WEEKEND CLUBS



science

**HANDS-ON HALF TERM**

Nine days of science magic

**OCTOBER 22-30**

Go to [BrightonScience.com](http://BrightonScience.com)



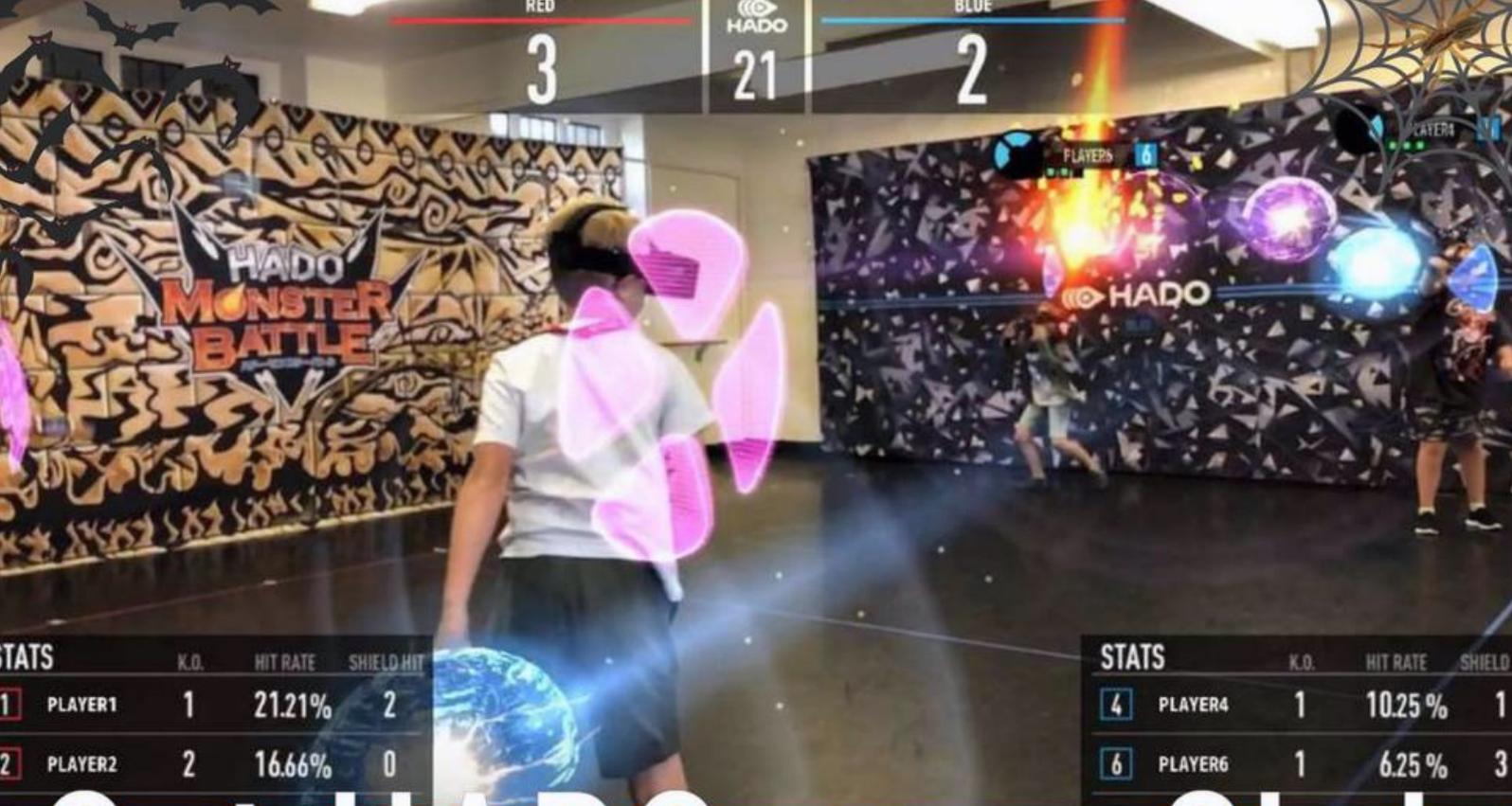
BRIGHTON *science* FESTIVAL

**HANDS-ON  
HALF TERM**

Nine days of science magic

**OCTOBER 22-30**

Go to [BrightonScience.com](http://BrightonScience.com)



# Oct HADOWeen Club

Date: 24th & 26th October 2022

Time: 9 AM - 3 PM [ BYO LUNCH PACK ]

Add: Ralli Hall Gym, LG, 81 Denmark Villas, Hove BN3 3TH

Get ready for hours of HADO AR Dodgeball and Monster Battle fun

Book [here](#) or email [hello@hadoarsports.com](mailto:hello@hadoarsports.com) for more info



Ages 8-14

Cost: £40 a day

£70 for 2 days



Dear parents/carers,

We are glad to inform that Brighton and Hove will continue to offer free swimming pool access this year at Freedom Sites for under 16s. We think is a great opportunity for children and they would be greatly benefited.

Follow the link below and complete the form. Schools can sign off on the form to confirm a child's age so they don't have to take documents to the pool.



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

Don't miss this opportunity! Just keep swimming!

Free swimming - Brighton & Hove City Council

Brighton & Hove City Council fund free swimming in the city for all children aged 16 and under.

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

**ROOM TO NURTURE**  
**ROOM TO LEARN**  
**ROOM TO GROW**



Dear Parents and Carers,

After a rewarding 20-year career in primary education, including five years at Hove Juniors, I left the classroom to work more directly and personally with pupils. Since 2020, I have been busy supporting local children in their learning journeys. The extra challenges caused by the pandemic has reinforced my belief that learning should be fun, nurturing and personalised so every child is able to achieve to the best of their abilities. I now lead a team of very experienced qualified primary and secondary teachers offering 1:1 tuition in the home and online. Our priority is to help every child thrive and grow as an individual. We help children catch up on missed lockdown learning, boost their self-esteem and encourage an academic curiosity.

If you would like to arrange a time to discuss your child's needs, arrange a home visit or just to find out more, please contact me at [tutorroomltd@gmail.com](mailto:tutorroomltd@gmail.com).

Check out our website <https://tutorroomltd.co.uk/> and facebook page for additional information too <https://www.facebook.com/tutorroomltd>

Many thanks,  
Rachel Dodson

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

brand  
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.**

Use code **WESTHOVEBV20** to claim your **20% discount.**



**Sales**

**Jimmy Atkins**  
01273 22 11 02



**Lettings**

**Jenna Miles**  
01273 22 11 01



BENFIELD  
VALLEY  
PROJECT

# HELP US SAVE OUR NATURE RESERVE

## THE PROPOSED DEVELOPMENT

The leaseholders of Benfield Valley Nature reserve (Benfield Investments) have proposed the **development of 100 dwellings** right in the middle of our remarkable wildlife sanctuary. This development will result in mature **woodlands being ripped out** from the heart of the reserve, **reducing the quality of greenspace available to our community**. It is the **last green lung** in Brighton and Hove and the development will **displace protected species, increase local air and light pollution, and decrease mental health.**

### SAVE BENFIELD VALLEY COMMUNITY PROTEST

Sunday 16th October - 4:30pm Greenlees Car park

Bring posters and banners for photographs!

### VISIT SAVE BENFIELD VALLEY TOOLKIT

[www.benfieldvalleyproject.org/post/save-the-benfield-valley-toolkit](http://www.benfieldvalleyproject.org/post/save-the-benfield-valley-toolkit)

### SIGN THE PETITION

[www.change.org/p/brighton-and-hove-city-council-save-the-benfield-valley-from-development](http://www.change.org/p/brighton-and-hove-city-council-save-the-benfield-valley-from-development)



# URGENT

## SAVE BENFIELD VALLEY NATURE RESERVE FROM DEVELOPMENT

Join The Benfield Valley Project to protect our local greenspace!

 The Benfield Valley Project

 [the.benfield.valley.project](https://www.instagram.com/the.benfield.valley.project)

 [benfieldvalleyproject.org](http://benfieldvalleyproject.org)

 [benfieldvalleyproject@gmail.com](mailto:benfieldvalleyproject@gmail.com)