



# WEST HOVE INFANT SCHOOL

A family of friends

## Hove Learning Federation Holland Road Newsletter

Friday 25th November 2022

Dear Parent/Carers,

Following the maths workshops in KS2 we sent out the Hove Learning Federation 'Calculation Policy'. This is a practical and useful guide to supporting your child with maths at home, from EYFS to Year 6, if you've not already looked at it.

We have had a busy week in school and the sound of singing can already be heard. This is always a special time of year and we have a lot of events coming up on all sites. A reminder to look at the dates we have sent out for the productions and fab finishes if you haven't noted these already.

In Anti- Bullying Week we have highlighted the focus and importance of 'reaching out' in terms of sharing concerns and worries and being proactive in taking positive actions against any unacceptable, unsocial behaviour. Thank you again for all your contributions on 'Children in Need' day. We appreciate your support for these worthy causes in our school community.

We have concluded our first round of successful parent/teacher consultations for the year. If you still haven't had the opportunity to talk on the phone or meet your child's class teacher, please contact the enquiries email and the class teacher will get in touch with you. If you also haven't completed the parent/carer survey, we would welcome your feedback to help us make improvements. We will share these results with you when they have been analysed.

Please continue to keep in contact with us – should you have any questions or concerns, contact us via the following:

West Hove Infant School <a href="mailto:hollandoffice@westhove-inf.brighton-hove.sch.uk">hollandoffice@westhove-inf.brighton-hove.sch.uk</a> 01273 733386

Hove Junior School <a href="mailto:hollandroadenquiries@hovejun.brighton-hove.sch.uk">hollandroadenquiries@hovejun.brighton-hove.sch.uk</a> 01273 916609

Hove Junior School Inclusion Team <a href="mailto:inclusionteam@hovejun.brighton-hove.sch.uk">inclusionteam@hovejun.brighton-hove.sch.uk</a> 01273 916609

Best wishes,
Maddie Southern and Lorna Cummings

## **Diary Dates**

Monday 19th Dec -2nd January -Christmas holidays

Tuesday 3rd January - INSET day - no children in school

Wednesday 4th January - school reopens to children

## Important dates at Holland



## Live Christmas plays are BACK!

The children will performing their plays in the hall this year. There is no need to order tickets, but due to space restrictions we ask that a maximum of two adults attend for each child. Please arrive 10 minutes before your child's performance.

Details of the Christmas plays and other Christmas celebrations are as follows:

### **Infants**

## **Performance Dates Fireflies & Crickets Chameleons & Panthers**

Thursday 8th December 9:15am Friday 9th December 9:15am

### Clownfish, Angelfish

Thursday 8th December 1:15pm

**Christmas Parties** 

Reception Year - Monday 12th December - Entertainment followed by a Christmas Party in the classroom. There will also be a Teddy Bears picnic (Reception only) in classrooms on Thursday 15th December.

Year One - Thursday 15th December - Entertainment followed by a Christmas Party in the classroom.

Year Two - Thursday 15th December - Entertainment followed by a Christmas Party in the classroom.





## **Juniors**

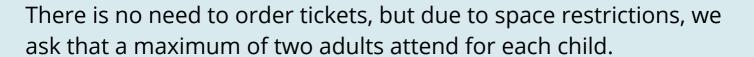
### **Performance Dates**

Year 3 - Monday 12th December 2pm

Year 4 - Tuesday 13th December 2pm

Year 5 - Wednesday 14th December 2pm

Year 6 - Thursday 15th December 2pm



## **Infants and Juniors**

### <u>Christmas Dinner - Wednesday 7th December</u>

Please make your child's lunch choice via a separate School Ping that will follow in due course.

#### **Christmas Fair**

Please put **Friday 9th December** in your calendar for our School Christmas Fair – more details to follow from our PTA.

The children may wear their party clothes to school on Christmas Party Day (all children must wear regular school shoes only). In the afternoon the children have their Christmas Party in classrooms and hopefully, get a visit from Santa! We ask you to contribute food for the class party, a list will be displayed nearer the time outside your child's class. If your child has allergies to certain foods we ask that you bring their party food in a named lunch box. (N.B on party days, if your child normally has a packed lunch they will still need this).

## Rejuvenation Project at Holland Road





A huge thank you to the Martori-Nubla family who spent part of their Saturday helping with the rejuvenation project at Holland Road. We spent time painting the playground walls, laying weed matting in our calendar garden, as well as installing the final raised bed.

Our next step in developing the outdoor space for our community include painting the climbing wall and fencing bordering the Astroturf, as well as developing our new outdoor classroom. If you would like to be involved in future projects, please reach out to Miss Kemp-Harris in Clownfish Class.



# Year 5/6 Cross country 16th November

On Tuesday 16th November, Miss Allum, Mr Esposito and Miss Foster joined a group of 24 year 5 and 6 children at the Brighton and Hove cross country championship. The event took place at Waterhall playing fields, the children had to run 2000m (2km) across a challenging course that took them up some pretty big hills! This was made even more difficult by the rain, mud and very tricky terrain. What a task!

We were so impressed with all the children that took part- you were all fantastic and represented the school brilliantly. We are all very proud! Thank you also to all the parents who helped support and get children to the event. It was great having you all cheering the children on.

You were all superstars, here are some highlights...













## Year 6 Boys Football

Monday 14th November

This week the year 6 boys played their first match against our local rivals – Brunswick!

What a debut! From phenomenal goal keeping skills by Morry, to excellent defending from Rene and Fred, the whole team played incredibly together. There were 2 roaring goals from Tyler, lots of incredible attempts by Precious and extraordinary skills and play from Max, Blake and Louis. From start to finish the boys fought hard, worked together and showed amazing team spirit.

There were nail biting moments aplenty and everyone on the side line was gripped from start to finish!

The game finished 2-2! What a first game boys- a huge well done to you all!







Join us for 5 FUN DAYS of Winter Themed Sports, Challenges, Arts and Performance!

AT WEST HOVE INFANTS - School Road Monday 19th - Friday 23rd December, 8.30am - 5.00pm





## **BOOK TODAY!**

Online at pioneerchildcare.co.uk

For more information call us on 01444 411388

or email enquiries@pioneerchildcare.co.uk







Our Camp days are running as follows:
Russell Martin Christmas Camp @ Hove Park 3G
Monday 19th December – 10am to 3pm
Tuesday 20th December – 10am to 3pm
Wednesday 21st December – 10am to 3pm
Thursday 22nd December – 10am to 3pm
Cost:

EARLY BIRD DISCOUNT: Before 30th November ONLY £20 PER DAY!

After 1st December - £30 for 1 day, £55 for 2 days, £80 for 3 days,

£105 for 4 Days

BOOKING via: www.russellmartinfoundation.co.uk/courses/schoolholidays

Office Phone Number: 01273 591364

## PTA NEWS

The children had a such a blast at the Spooky disco at the end of the half term.

Activities included a spooky ghost trail hunt, face painting, design a brick for the big hotel, crafting zone and nerf a teacher and zombie.

The children behaved fabulously and showed great knowledge and understanding when spending their pennies on treats and goodies.

We raised a huge amount for the school which is already being spent on the external natural environment, books for groups and group activities for reward time in the Infants.

Thank you to those that took part in the Cauliflower cards, we're excited to see the creations when they return to us.

Our Christmas Fair and crafts event will be happening late December - date to be confirmed soon. Please let us know if your business or you know of one which would like to host a table for the event. It's a fantastic opportunity for families to buy gifts and treats for others as well as celebrate the season among your children's peers.

If you wish to join the PTA or volunteer, please get in touch via the Facebook page or contact Emma Barrell directly.





## Winter Holiday Activities and Food (HAF) 2022

Live and taking bookings!



We are delighted to announce the launch of the Winter HAF (Holiday activities and food) programme for Brighton and Hove.

Funded by the Department of Education (DfE), HAF offers free enriching holiday activities with a healthy meal included.

Dates: Monday 19 to Friday 23 December, with a more limited offer between Wednesday 28 to Friday 30 December

Eligibility: Children and young people in Reception to Year 11 who receive benefits-related free school meals (FSM). Those who received a unique HAF booking code under the limited discretionary criteria available for the Summer will also remain eligible for Winter HAF 2022.

With 22 organisations running 29 HAF activity programmes across Brighton and Hove during the Winter holiday, the offer includes everything from playschemes to sports providers, and performing arts to family cooking sessions. et involved! Visit www.brighton-hove.gov.uk/haf to view the full events calendar and book directly with your chosen activity providers.

#### **HAF** booking codes:

A unique HAF booking code is required for each individual child.

If the child took part in Summer HAF 2022, the same unique HAF booking code should be used. Email HAF@brighton-hove.gov.uk, with the full name and date of birth of the child, to request the code to be resent.

Those who are new to HAF must first apply for their unique HAF booking code by visiting www.brighton-hove.gov.uk/haf.

To ensure everyone gets the support they need, we ask you please only book what you know you will attend.

Please email HAF@brighton-hove.gov.uk with any questions or for support.



### **Cornerstone Food Bank**

Cornerstone Community Centre, Church Rd, Hove (corner of First Ave and Church Rd, BN3 2FL)

Telephone: 01273 327757 / 07483 819 293

(mobile Thu/Fri only)

Are you on a low income, no income, in debt, or JAM (just about managing!) We're here to help!

Our food bank is open from 13.00 to 15.00 every Friday. We provide a good selection of fresh protein and fruit & veg which varies every week, depending on the donations we receive from Fairshare, as well as tinned and dried goods. Friday afternoons from 1pm

#### BY APPOINTMENT ONLY.

Book a slot to collect. Call 07483 819293

Email: cornerstonefoodbank3@gmail.com

or call in the office to give us your details



# 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 | Event-brite

## ONGOING PARENT VIRTUAL GROUPS (4 WEEKS) 1230 - 130 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.



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.

<u>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</u>



# MHST WORKSHOPS 2022-2023

### ONE-OFF PARENT VIRTUAL WORKSHOPS 12:30-1:30 TUESDAYS



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 | Event-

# **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 | Event-brite



## Come and visit our school

## commently!

## Open Day Dates

Thursday 20th October 10.45am -11.45am

Tuesday 8th November 10.45am -11.45am

Thursday 10th November 10.45am -11.45am

Thursday 17th November 5pm-6pm

Thursday 12th January 10.45am -11.45am

If you would like to attend one (or more!) of these sessions, please call our office on 01273 73386 to reserve a space. Alternatively, you can email our office at rhondasmith@westhove-inf.brighton-hove.sch.uk







'We can't wait to meet you!'



### 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.

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

Many thanks, Rachel Dodson

