



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



Hove Learning Federation School/Portland Road Newsletter



Friday 9th December 2022

Dear Parent/Carers,

We would like to thank parents and carers for their support with preparing the infant children for their fantastic Christmas productions this week. We are looking forward to seeing junior parents next week for more wonderful performances in the 'fabulous finishes'.

The Junior School is delighted to confirm that it has been awarded 'Inclusion Quality Mark Flagship Status'. We are very proud of our inclusion team and the continued hard work and commitment to inclusion across the whole federation. The IQM report can be read on our website at <https://www.hovejuniorschool.co.uk/iqm>. As you will read, one of the key targets this year was the co-location of the infant school and ensuring consistency across the federation for inclusion. We have asked IQM to incorporate the Infant School into the award and will keep you updated on the progress of this.

The last day of term is also the reindeer run for the Portland Road site, and we look forward to raising money for the school and putting this towards our reading schemes.

It will also be own clothes day on the last day and children can come in a Christmas jumper/festive accessory if they prefer. As a school we want to emphasise that we would not encourage parent/carers to buy anything new for this and this is purely optional.

We look forward to welcoming you back to school on Wednesday 4th January. Tuesday 3rd January is a school inset day.



In the spring term we will be having our Year 4 multiplication workshops to provide parent's with more information on the upcoming statutory tests for this year group. Dates are as follows:

Tuesday 10th Jan 3:30pm - Portland Road

Wednesday 11th Jan 3:30pm - Holland Road

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 and Ben Massey

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 the Infants

The children will be 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.

Classes, Date and Time

*Turtles, Seahorses,
Grasshoppers & Dragonflies*

Monday 12th December 9:30am (Reception Parents & Carers)

Monday 12th December 10:40am (Year 1 Parents & Carers)

*Lizards, Marmosets,
Toucans & Treefrogs*

Thursday 15th December 9:15am (Lizards & Marmosets Parents & Carers)

Thursday 15th December 10:30am (Toucans and Tree frogs Parents & Carers)



Christmas Dinner – Wednesday 14th December

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

Christmas Parties

Reception Year - Tuesday 13th December – Entertainment followed by a Christmas Party in the classroom.

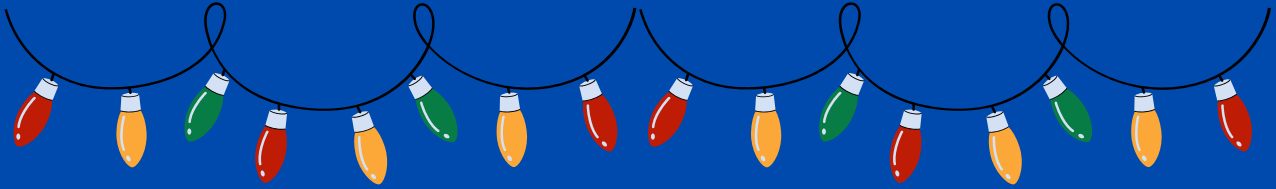
There will also be a **Teddy Bears picnic in classrooms (Reception only)** on **Thursday 15th December**.

Year One – Wednesday 14th December – Entertainment followed by a Christmas Party in the classroom.

Year Two - Friday 16th December – Entertainment followed by a Christmas Party in the classroom

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).

Important dates at the Juniors



Performance Dates

Monday 12th December 2pm – Year 3

Tuesday 13th December 2pm – Year 4

Wednesday 14th December 2pm – Year 5

Thursday 15th December 2pm – Year 6

There is no need to order tickets, but due to space restrictions, we ask that a maximum of two adults attend for each child.

Christmas Dinner – Wednesday 14th December

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

Reindeer Run – 16th December

This will be a PTA organised event this year and a promotional poster and funding link will be sent out. Individual classes will take it in turns to run the reindeer course throughout the day.

Years 3 and 4 (7 laps - half a mile) and Years 5 and 6 completing the full 14 laps (1 mile) wearing their Christmas jumpers/t-shirts/accessories and reindeer antlers (provided by the PTA).



Year 5 Trip to Brighton Museum

As part of their topic, *Brighton Rocks*, Year 5 went on a trip to Brighton Museum and solved a Local History Mystery! Here is a review of the day by Emmeline and Astor, from 5 Red.



When we arrived at the Brighton museum, we went on a walk around the lanes looking at important places from Brighton's history. Whilst we were on the walk, we used clues to solve a unique puzzle finding the name of an important person from Brighton's history. Next, we went to the extravagant Royal Pavilion and roamed the corridors while marvelling at the incredible rooms. On the extraordinary chandeliers were



marvellous Chinese dragons soaring in the room like a fantasy story. Each room was plated with tiles that had a staggering level of craftsmanship. Finally, we returned to the astounding Brighton museum with thousands of exhibits and displays including: Ancient Egypt, Wildlife and the Stone Age (and lots more). It was the most exciting and phenomenal trip.



IQM Flagship Status for Hove Juniors

Hove Junior School is delighted to confirm that it has been awarded 'Inclusion Quality Mark Flagship Status'. We are very proud of our inclusion team and the continued hard work and commitment to inclusion across the whole federation.

Please see the report on our website at <https://www.hovejuniorschool.co.uk/iqm>



GIRLS CRICKET

AT BRIGHTON & HOVE CC

Starts January - FREE Taster Session

Expert coaching and fun
every week at the biggest
club in the city





GIRLS CRICKET

FREE Taster Session

ECB qualified female and male coaches

No experience necessary and all equipment supplied

Indoors until Easter and then at our own outdoor facilities in central hove all summer long

Softball and hardball teams at U10, U11, U13, U15, U17 and Women

If you would like to start cricket at the largest girls cricket club in the city then please contact Peter Davies on 07504 296993 or girls@brightonandhovecricketclub.co.uk



OFSTED REGISTERED



Christmas Holiday Activity Camp

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

Sibling & Multi-day Discounts Available
£31
per day



HAF

Places available
at all camps
Includes:

- All Camp Activities
- FREE Hot Lunch

4-11 year olds



BOOK TODAY!

Online at pioneerchildcare.co.uk

For more information call us on 01444 411388

or email enquiries@pioneerchildcare.co.uk

WE ACCEPT
Childcare Vouchers
& Tax-Free Childcare

Lunch
Grab Bags
£3.50

'EARLY BIRD DISCOUNT'
£20 PER DAY
IF YOU SIGN UP
BEFORE
30TH NOVEMBER

10% SIBLING DISCOUNT
9AM EARLY DROP OFF £3

19TH, 20TH, 21ST, 22ND
DECEMBER
HOVE PARK 3G
BOYS & GIRLS 5-12 YEARS OLD
10AM - 3PM

£30 - 1 DAY
£55 - 2 DAYS
£80 - 3 DAYS
£105 - 4 DAYS

RUSSELLMARTINF FOUNDATION.CO.UK
01273 591364

info@rmfoundation.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/school-holidays

Office Phone Number: 01273 591364



Hello everyone,

I do hope that you are all healthy, happy and looking forward to the festive period.

During the Christmas holidays, we will be offering daily workshops for your 6 – 12* year olds. (**older pupils welcome – feel free to call to discuss*).

Workshops cost £40 (or £72 siblings) and start at 9am and finish at 3pm

Please note that you can book as few or as many workshops as you want.

We are also offering additional dates for children at independent schools, who have finished earlier for the Christmas holidays.

We've included lots more fun themes and mashups, so please book early to avoid disappointment.

CHRISTMAS HOLIDAY WORKSHOPS 2022

Week One (early school finishers)

Wednesday 14th December: Super Mario / Miro mash up!
Friday 16th December: Christmas Among Us workshop

Week Two

Monday 19th December: Cubist / Raymond Briggs mash up!
Tuesday 20th December: Lego / Miro mash up!
Wednesday 21st December: Raymond Briggs / Van Gogh mash up!
Thursday 22nd December: Christmas Vexx Doodle Art
Friday 23rd December: Christmas Among Us / Kandinsky mash up!

If you would like to book, please click [here](#) or email:

courses@artroombrighton.co.uk

AFTER SCHOOL & EVENING CLASSES

We are also taking bookings for our January term time classes. These include after school sessions for 6 – 10 year olds and evening classes for 10 – 16 year olds. Pupils studying for GCSE or those applying for art scholarships find the evening option extremely useful. Please email if you are interested in discussing the different options.

Thanks so much for all your continued support and a very Happy Christmas!

Warm regards,

Seb x

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.



MHST newsletter: low mood

Welcome to this edition of the MHST newsletter!

Psychoeducation



The trees are losing their leaves, the days grow shorter—we've arrived in the last month of the autumn season. The topic of

this newsletter is low mood. Everyone feels low, down, sad, or like they can't be bothered sometimes, but sometimes this low mood sticks, and we can find we feel like that for longer

periods of time. When we continue feeling down, this might start to impact our lives negatively. Low mood can affect our appetite (wanting to eat more or less), our sleeping patterns (sleeping for longer, sleeping later or during the day, struggling to sleep), and this affects our ability to concentrate and remember information. We are also likely to feel more irritable than usual, feel lonely or maybe feel like crying. There are many reasons we might feel like this, including biological, genetic, cognitive and behavioural reasons. If you have been feeling low there are a number of things that might help. We have collated a number of strategies below. If you need further help, our signposting page shows how to access further support.

A **routine** of going to school, getting up at the same time every day and having fixed meal times, helps give us structure and predictability. Although it can be difficult to keep to a routine at the moment, this is really important for our mood and health.

Sleep has a big impact on our mood and our mood has a big impact on our sleep. Some strategies for improving our sleep are having a bedtime routine, an hour before getting into bed which includes calming activities and no screen time and to go to bed and get up at similar times each day (also in the weekends). For more sleep tips, have a look at our previous newsletter.

Getting active, for example by going for a run, joining a football team or cycling can really lift some of the feelings of low mood. This is because exercise releases chemicals in our body which regulate and naturally boost mood.

Food affects our mood, so it pays to be aware of what we eat and what impact this might have. For example, Caffeine can give us a lot of energy quickly but then we can crash and feel low later. Also whilst we might not feel like eating healthily, sticking to the basics of 5 a day, eating enough protein, lots of fibre and drinking enough water all helps regulate mood.

Top Tips



Strategies



CBT

Cognitive behavioural therapy (CBT) works on the principle that feelings are linked with thoughts and behaviour. For example, if we feel low we might not want to go out, which might make us think of how we are letting people down. Whilst feelings are usually what we want to change, it is really hard to change these directly. Instead, the strength of the CBT model is that we are able to make changes to the feelings by addressing the thoughts and behaviours, for example with the two CBT treatments below:

Behavioural Activation (BA)

What we do (or don't do) can be a key driving force in the downward spiral of low mood, where not doing things that are meaningful to us leads to a less rewarding and enjoyment-filled life, and in the absence of mood-lifting activities, mood stay low. Therefore, BA focuses on reversing that cycle, by reintroducing meaningful activities back into our lives, even if the motivation to do those things is lacking to start with. Behavioural activation as a treatment for depression is delivered by a mental health professional, for more support, see the signposting links below.

Cognitive restructuring (CR)

Alternatively, or additionally, it might be that your thoughts are keeping you down. One of the basic, but very powerful, principles of CBT are that "*Thoughts are not facts*" and that the way we interpret things can change if we practice this. In CR, we learn to recognise the thoughts that drive our bad feelings, and then take a step back from them, for example by looking at how someone else might see that information, or whether our thoughts were driven by feelings or facts. Once we've taken a step back, we can usually rephrase our original thought into something more helpful or kinder to ourselves.



For further support in Brighton and Hove:

Mental Health Support Team: can offer one to one or group intervention for children and teens with low mood. Please contact your school SENCO or Emma Sharpe emma.sharpe@brighton-hove.gov.uk for further information.

Schools Wellbeing Service: can offer consultation and advice from Primary Mental Health Workers. Please email swsconsultationline@brighton-hove.gov.uk to organise an appointment.

Community Wellbeing Service: can offer one to one and group intervention for mild to moderate mental health difficulties. Please visit www.brightonandhovewellbeing.org for further information.

CAMHS: can offer intervention, assessments, and support for moderate to severe mental health difficulties. Please visit www.sussexcamhs.nhs.uk for further information.

Signposting

Helpful Apps:



[Calm Harm](#)

Reduce urges to self-harm and manage emotions in a more positive way

Free



[Catch It](#)

Learn to manage negative thoughts and look at problems differently

Free



[ThinkNinja](#)

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health

Free during the coronavirus (COVID-19) crisis





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](#)

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

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