



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



Hove Learning Federation Holland Road Newsletter



Friday 13th January 2022

Dear Parent/Carers,

New Year

On behalf of all the staff, I would like to wish you and your families a very Happy New Year! A warm welcome to any new families joining the school this term. Our stunning starts and new topics have already begun and years 2 and 3 enjoyed a fabulous time this week with the Sussex Green Living 'Earth Protector Roadshow' workshops in school and Year 6 have had their WW2 evacuation day at Portland Road and both sites have visited 'Take Shelter' at Downs Junior School.

Curriculum

The Infant school 'Topic Teasers' can be found using this link (<https://www.westhoveinfants.co.uk/our-curriculum/core-knowledge-topic-teasers/>) which welcomes you to our website with information for our spring term topics. The junior curriculum newsletter was also sent out this week with links to our 'core knowledge files' for each year group. (<https://www.hovejuniorschool.co.uk/page/?title=Current+Topics&pid=44>). We always encourage parent/carers to read these topic information as it will help you to know what your child is learning and the new vocabulary we are teaching in school.

Infant 'Little Wandle Phonics and Reading Sessions'

We have started our new 'Little Wandle' reading sessions and a letter has been sent home to give you important information on how to support your child and use our Big Cat e-books. Remember to take a look at the 'Little Wandle' videos and parent website which has short video sessions on 'helping your children with phonics and reading'. <https://www.westhoveinfants.co.uk/our-curriculum/reading-and-phonics/>

Our school webinar will also be available on the website led by our reading and phonics lead Anna Smith if you could not make it to the workshops for you to watch in your own time.



Reading Volunteers

A reminder that we are actively encouraging parents/carers and grandparents to come in regularly and support our reading in school. If you have the time and know you can offer a regularly session, we can use this to support and maintain reading progress both at the infant and junior school. Please contact the school office or your child's class teacher.

Illness and absence

Finally, as we know at the end of term, we experienced a lot of illness in the school community and there still continues to be a growing number of absence due to illness (mainly flu-like bugs, as well as Scarlet Fever), both locally and nationally. With that in mind, we will continue to be cautious in our procedures and look to maintain the high safety level of all of our provision, that ensures our pupils enjoy their time at school. Please note that current medical advice is that children should be kept at home and not attend school if they have a high temperature, which is identified as 38C or higher. If you are unsure about the right thing to do, please always ring our school office and we will be happy to advise and support you.

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

West Hove Infant School

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

01273 733386

Hove Junior School

hollandroadenquiries@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 Lorna Cummings

Diary Dates

10 February - non-uniform day

13 - 17 February - Half term holiday

20 February - children return to school



Year 2 & 3 Eco Day Stunning Start

On Tuesday 10th January, the children in Years 2 and 3 took part in the Sussex Green Living 'Earth Protector Roadshow'. This consisted of a variety of workshops:

- Trash to Treasure, where the children were encouraged to think more carefully about what we dispose of and how we can reuse or recycle things. They made plant pots out of recycled milk containers.
- Thriving Communities, where we looked at moss and fungi and met some minibeasts! We learnt about how communities are interdependent and rely on the diversity of plants and creatures.
- A Trip to the Amazon, with Nicola Peel, an award-winning 'Environmental Solutionist', who talked about her work in the Amazon and illustrated to us the importance of every different species there. We were encouraged to think about why the rainforests have been decimated to produce food for people across the world and how things could be done differently.
- The Journey of the Banana, where we did some drama based on understanding the huge number of people that are involved in the growth and delivery of the bananas we eat. This led us to consider more local solutions, to cut down on transport costs and pollution.

To round the day off, we chatted together and came up with some ideas about things we can do differently to help our planet in school and at home. We are all set to 'be the change'!



Holland Road vs Portland Road Netball derby

On Thursday the 8th of December, Holland Road took on Portland Road in a very cold, exciting, netball friendly. The girls played 4, 10 minute quarters where they showed excellent skills and teamwork which they have been developing during their weekly netball practice. They listened to advice and took on board coaching tips to play fantastically as a team. The game got off to an exciting start with a 3-2 lead at half time. The girls showed great perseverance, especially in the cold conditions. The game ended 9-5 to Portland Road and the girls all got together at the end to congratulate each other and celebrate a great performance all round. Well done team- it was a great game to watch! Thank you to all the parents/ carers who came along to cheer on and support too.







Visit from Will Bayley

We had the pleasure of Will Bayley, MBE, Paralympic Gold medallist and World champion in Table Tennis, come to Holland Road and meet all our Infant children and staff. Will gave an inspiring and motivational assembly, detailing how he overcomes his disability and the mental strategies he uses to rise above and beyond any challenges he faces. Children were then invited to spend the afternoon practising their ball and racket skills with Will. The children were able to see both his gold and silver Paralympic medals and asked him lots of thoughtful questions.





JUNIORS MATHS NEWS



Maths at Hove Juniors

Mathematics education at Hove Junior School provides a foundation for understanding the world, the ability to reason mathematically, an appreciation of the beauty and power of mathematics, and a sense of enjoyment and curiosity about the subject. We follow a system of teaching Mastery in maths. The structure of learning is carefully crafted through concrete (practical objects), pictorial (using pictures) and abstract (formal written methods) methods to ensure that our children develop a deep understanding of maths.

Hove Park Maths

On Thursday 8th December, Year 6 welcomed Hove Park's Peer Tutors for some festive Christmas maths activities. The activities were based around our learning in Year 6 and were entirely planned by the Year 7s and 8s from Hove Park – very impressive!

This was a brilliant way for our Year 6s to chat about maths and ask questions about secondary school for the people most in the know. Our children worked incredibly hard to solve their tricky puzzles which included lots of fractions questions and even some algebra!

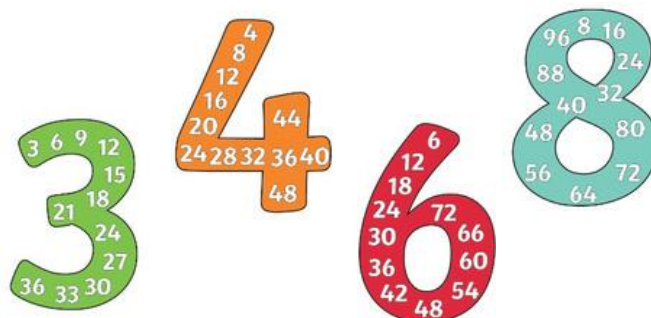
It was lovely to have some familiar faces return and be so enthusiastic about maths.



Fluency Focus

Every day, children at Hove Juniors take part in a fluency session outside of their maths lesson. This ten minute session allows pupils to develop their understanding and application of their number bonds and times table facts. Pupils explore the relationship between tables and spot patterns to deepen their number sense.

The times table focus next half term are:



Hove Learning Federation Mental Health Ambassadors

Our Senior Mental Health Lead (Jen Beale) is busy recruiting some pupil mental health ambassadors from across the school to help develop and implement our mental health provision across the federation.

Our Mental Health Ambassadors will:

- share their learning around mental health and promote the importance of self-care.
- have a responsibility for promoting mental health and wellbeing throughout our school.
- advocate for positive mental health and help to reduce the stigma around talking about mental health and challenging feelings.
- encourage all members of the school community to talk about and know how to access support for their mental health.
- provide feedback on what's working well and highlight any gaps in whole-school approaches to mental health and wellbeing.
- attend monthly meetings and work on projects with the Senior Mental Health Lead (Jen Beale).

We will be using the 5 ways to wellbeing to guide our projects.



The mental health ambassadors will update you soon with more information. Watch this space!

Thank you to the PTA!

Year 6 would like to say a big thank you to the PTA on both sites for the funds to purchase new books this term. We are so pleased with our new problem solving, comprehension and spelling books and the children have loved completing the books in class!

It will have a big impact on the confidence of the children as they approach the end of primary school.

Thank you!



Message from Breakfast & After School Club

Dear Parents and Carers,

We would like to say THANK YOU for your cards and Christmas wishes . We are really touched by the thoughtfulness and kindness behind everything that has been said to us and by the words written in your cards. You have all been so astonishingly kind. And another HUGE THANK YOU for donating preloved toys and materials for art and crafts that will bring great joy to our children at breakfast and after school clubs.

Thank you for being so amazing and supportive.

This year, as always, we will continue to pour our care, enthusiasm and resilience to make our Breakfast and After School Club an amazing place where children are happy and wonderfully looked after.

We hope that the New 2023 Year brings shelter and safety to those who are desperately seeking it, love and warmth to those who are lacking it and joy and happiness to all of us.

We hope you all had a wonderful Christmas.

With love,

Martina, Suzanna Julie, Marina & Maxine





Hangleton & Knoll Parent/Carer Group

Are you the parent/carers of a child with
additional needs and/or a disability?

COFFEE MORNING



Tuesday January 17th
Neuro Developmental Pathway
with Amaze

Tuesday 21st February
Specialist Community
Disability Service
and the 2023
Social Care Review

Come and meet other
families in a similar
situation at one of our
coffee mornings.
No need to book,
just turn up!

9.30am - 11.30am
St Richards Community Centre
Egmont Rd
Hove BN3 5NA

WANT TO KNOW MORE?
CONTACT ONE OF OUR PARENT VOLUNTEERS
LOUISE 01273 905549 / 07990728830
RHIANYDD 01273 733126 / 07897533007



Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource
for learning about health



Games

Activities


Quizzes

Parents and Carers!

As well as enjoying the content with your child, you can
get advice on supporting their health and wellbeing.

www.healthforkids.co.uk

Follow us:  @SussexCommunityNHS  @NHS_SCFT

 ChatHealth

Text a school nurse for
confidential advice and
support

07480 635423





February Half Term Activity Camp

Join us for 5 FUN DAYS of Circus themed
Sports, Challenges, Arts and Performance!

AT WEST HOVE INFANTS - SCHOOL ROAD

Monday 13th - Friday 17th February

8.30am - 5.00pm

Siblings & Multi-day Discounts Available
£31
per day

4-11 year olds



Lunch
Grab Bags
£3.50

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

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



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 | 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](#)



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](#)

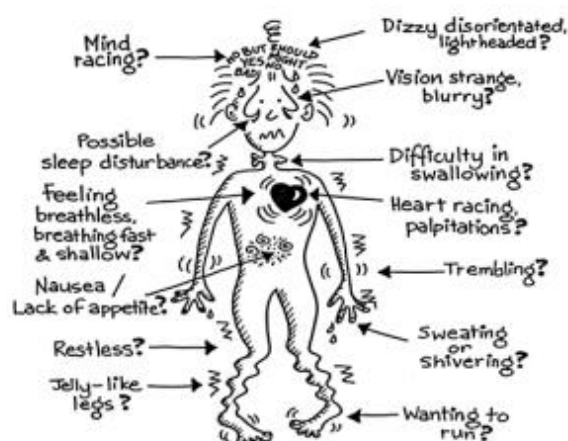
Secondary 18th April 2023 [Anxiety Workshop for parents/ carers of SECONDARY age children Tickets, Tue, Apr 18, 2023 at 12:30 PM | Eventbrite](#)



MHST NEWSLETTER: ANXIETY

Psychoeducation

DOES THIS LOOK FAMILIAR?



and overall, a feeling of fear and dread that seems to come from nowhere?

Welcome to this new year's edition of our MHST newsletter all about anxiety. Anxiety is a normal emotion that all children (and adults) feel at times, such as when taking an exam or delivering a presentation in class. In situations like that a bit of nerves might actually be helpful, as it gets you fired up and ready to perform. However, if children feel anxious, nervous or worried a lot of the time, and it interferes with their everyday life, it might be useful to address it. One of the first steps in helping children with anxiety, is helping them understand what anxiety actually is and how it physically affects their bodies.

When our bodies sense threat or danger, we automatically go into fight, flight or freeze (FFF) mode, which are our instincts to keep us safe in life-threatening situations. This was very useful in the times of our cavemen ancestors when they were faced with sabretooth tigers. However, in modern life, we're not often in that kind of danger, but our instincts still kick in the same way. A bit like a fire-alarm going off for burnt toast, instead of a real fire. The FFF response can make us hot, breathe faster, and have butterflies in our stomach, all because it's getting the body ready for action, like a superpower so that we can run quicker or be stronger when we fight.

When a child or young person's FFF response is triggered, it can be helpful to remind young people that these symptoms are not dangerous, and that they will pass. However, sometimes people like to know some strategies that can help them to calm. To get most use out of these strategies, it's best to practice these techniques regularly, also when calm.

Breathing strategies

Blowing bubbles is a playful way of teaching children to take deep breaths and blow out slowly. Another way is by becoming aware of the belly as they breathe, and watch it go out and in with each big breath. For teenagers, something called box breathing might be useful, see the image on the right for instructions on this.

Grounding and relaxation

Breathing strategies are not for everyone, so sometimes it can be helpful to "ground" in the here and now, by using your senses, see the image on the right for more details. Another way to relax your body is by tensing your muscles as you breathe in slowly, and relax them as you breathe out. You can go through different muscle groups at the time, for example feet, legs, stomach, arms, neck, etc.

Coping skills toolbox

There might be things that you know help your child to calm down, be it jumping on the trampoline, reading a book or playing a game. Making a personal toolbox with reminders of these things can help when people feel anxious.

Top Tips

BOX BREATHING



Strategies



In addition to some of the “in the moment” strategies on the previous page, there are also some approaches to anxiety which can help reduce anxiety in the longer term.

Facing our fears

As part of the FFF response, one of our instincts is to avoid what makes us feel anxious, and as parents we might help our children to do this. However, we know that this might make things worse in the long run, as we don't learn that we can actually cope in that situation. Therefore, it might be really useful to gently encourage children to have a go at something, even if they find it scary. Facing your fears, in small steps, might help a child habituate to what triggers their anxiety, and might help them overcome this.

Thoughts are not facts

Children might hold beliefs about certain situations which make them feel more anxious about things. For example, “The dog will bite me”, “The new teacher will tell me off”, “Others will laugh at me” or “Something bad is going to happen”. Anyone with these kinds of thoughts would feel anxious! But our thoughts are not facts, and if we can help children see that their thought is unlikely to come true, or that if it does, it won't be as bad as they fear, then we might be able to reduce their anxiety. As a parent you can do this by gently asking questions (as opposed to telling them) to explore what makes your child feel scared. Eg you can ask them whether what there are fearful of has actually happened before? If it hasn't, how likely is it that it will happen this time? If it has, how have they managed to cope with that before?

For further support in Brighton and Hove:

Mental Health Support Team: can offer one to one or group intervention for children and teens with sleep difficulties. 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.

Useful Websites:

www.e-wellbeing.co.uk

www.youngminds.org.uk

Links:

emma.sharpe@brighton-hove.gov.uk
swsconsultationline@brighton-hove.gov.uk
www.brightonandhovewellbeing.org

www.sussexcamhs.nhs.uk
www.e-wellbeing.co.uk
www.youngminds.org.uk

Signposting

Useful Apps:



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.

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