



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



Hove Learning Federation Holland Road Newsletter



Friday 10th February 2022

Dear Parent/Carers,

Ensuring we are aspirational for all our pupils and personalising provision for individual pupils is central to our school ethos and vision for inclusion. Our latest independent pupil premium review with Durrington Research School, which included learning walks, interviews and pupil and staff voice, gave us a lot to celebrate. We have been delighted with the feedback from our review team.

Overall, they said:

"The school had a truly warm and welcoming atmosphere where pupils were cared for and expected to work hard. The atmosphere in lessons was positive and purposeful. Every member of staff focused on what is within the school's sphere of influence, in terms of supporting every pupil to achieve. The school had a clear understanding of how disadvantaged impacts on pupil learning - and a real strategic focus on what they are doing to mitigate this."

We will be continuing to work on:

Considering the next steps for consistently using dual coding, which has been trialled within specific years and subjects and is planned for further roll out.

Considering pupil cognitive load in evaluating aspects of practice: E.g.: in classroom word/working walls. How are these used purposefully in lessons to support pupils' development of language? Are these all words you would expect pupils to know and use? Are they there to choose from? Do they relate to the current learning?



Parent/Carer Appointments

If you haven't booked your appointment it's not too late. Please book via School Ping.

Finally we wish everyone a happy and healthy half term holiday. We look forward to welcoming you back to the second half of the spring term on Monday 20th February.

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

28 Feb and 9 March - Parents/Carers
Teacher Consultation evenings

Possible Strike dates:

Thursday 2nd March

Weds 15th March

Thurs 16th March



Our City Our World Survey

We are delighted to inform you about our involvement with the Our City Our World programme this year in becoming part of its 2022-2023 cohort.

"The Our City, Our World programme will enable schools, individuals and communities to learn effectively about sustainability, climate change and the environment and to develop skills and understanding about how to address local and global challenges." *Our City, Our World - Brighton and Hove Climate Change, Sustainability and Environmental Education Programme (2022)*. Available at:

<https://www.ourcityourworld.co.uk/>

By joining this project we intend to show our commitment to becoming a school that is as sustainable as possible; where children learn about their role in protecting the environment both locally and universally as a conscientious global citizen; and that motivates action for change. We will be building on the work of West Hove Infants who joined the project last year and ensuring that children across our Hove Learning Federation are taught about biodiversity, consumption and waste, food, water and energy.

To garner an understanding of our the views of our parents and carers on sustainability, climate change and environmental education we would like to invite you to complete an online survey at the following link:

<https://forms.office.com/pages/responsepage.aspx?id=OXJzdPYfHU-7PFTszRVnlbT2eIN0celAp2qpDTA292IUQkdRSEdZQlc3OUlIRVAXRFRRNjQ2QVVTQy4u>

We will also be carrying out a survey with the children and with our staff so that we can collate this information and develop our work with the programme around this feedback.

We would like to thank you in advance for your support with this initiative.



Year 5/6 Basketball Festival 7.2.23

On Tuesday the 7th of February, Miss Allum joined 10 year 5 and 6 children at Dorothy Stringer Secondary School for an afternoon of basketball lead by coaches from Brighton Cougars Basketball club. The children participated in a carousel of skills and drills followed by friendly matches against other schools.

Everyone had a great time and showed huge enthusiasm for the sport. You all represented the school brilliantly, thank you all for getting involved with such great energy.

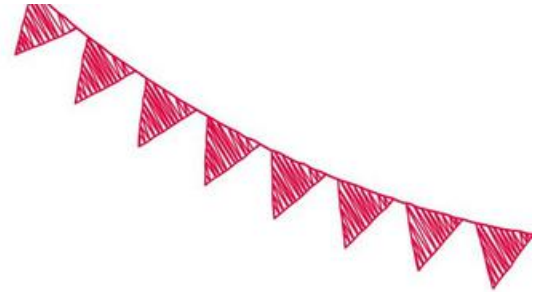
Brighton Cougars basketball club train regularly at Dorothy Stringer, BACA and Bhasvic. If you would like to find out more about how to get involved please visit- <http://www.brightoncougars.com/>

Here are some highlights...









8th February 2023

Dear Parents/Carers,

Free School Meals At Hove Learning Federation

We ensure that families who are eligible for free school meals benefit directly from the extra money that this brings through:

- free educational visits
- subsidised residential trips
- free after school club places (one term per year)

This money is called pupil premium and we receive extra funding from the government for every child who is eligible and registered to receive free school meals. We do not receive any additional funding unless you register directly with the Free School Meals Team at Brighton & Hove City Council.

Please check to see if you are eligible to benefit from this important financial support, particularly during these challenging times. Even if your child decides not to take up the offer of free school meals at school, the school does still benefit from receiving pupil premium support if you register your child.

Children whose parents/carers receive the following are entitled to free school meals:

- Income Support (IS)
- Income based Job Seekers Allowance (IBJSA)
- Child Tax Credit (where there is no entitlement to working tax credit) AND the total household income does not exceed £16,190
- The Guarantee element of the State Pension Credit
- Income-related employment and support allowance
- Financially supported by NASS (National Asylum Support Service)
-

To check eligibility and apply go to:

www.brighton-hove.gov.uk/schools

Email: freeschoolmeals@brighton-hove.gov.uk

Telephone: 01273 293497

Or visit the School Office if you are unsure and they will be able to help you.

Yours sincerely,

Maddie Southern
Headteacher

Children's Mental Health Week 2023

This week we have been celebrating Children's Mental Health Week and the children have been taking part in lots of activities focused on the theme 'Let's Connect'.

Activities have included 'Drop Everything and Breathe' for 5 minutes after lunch each day. One of the most important connections that we can make is the connection to ourselves - how we listen to our bodies and how we take care of our physical and mental health. Taking 5 minutes a day to focus on this connection is so important and offers children a chance to ground themselves again after a busy lunch time.

This week we also launched our mental health ambassador project in school and the first meeting took place at our School road and Portland road sites.

Each class across the federation now has a 'Mental Health Ambassador' who will help our Mental Health Lead (Jen Beale) to ensure Hove Learning Federation continues to prioritise and nurture the mental health of our whole school community. We will be focusing on the 5 ways to well-being (connect, be active, keep learning, notice, give) and working on some exciting projects. Watch this space!

Support for Parents

Focusing on the theme of Let's Connect, Place2be have written this great blog on '5 ways to support your child to make friends'

https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2023/february/5-ways-to-support-your-child-to-make-friends/?utm_source=Place2Be+E-news&utm_campaign=8f980e5ace-EMAIL_CAMPAIGN_2021_10_27_02_50_COPY_01&utm_medium=email&utm_term=0_acf77df294-8f980e5ace-219788623

5 ways to support your child to make friends

As a parent or carer, you can play an important role in supporting your child with social interactions and establishing healthy friendships.

www.childrensmentalhealthweek.org.uk

Resources for Parents and Carers

All staff at Hove Learning Federation now have access to a library of mental health resources collated by our Mental Health Lead. If your child needs some support with their mental health please do talk to your child's teacher. They will be happy to listen and offer support and able to share some practical resources with you from our resource library.

Support For Your Child's Mental Health and Wellbeing

At Hove Learning Federation, we promote positive mental health and wellbeing for our whole school community. We believe that everyone has the right to express how they feel and seek support for their mental health, without judgement. Our Mental Health Lead (Jen Beale) has introduced an online referral system enabling parents and carers to request mental health and wellbeing support for their child. If you are concerned about your child's mental health and wellbeing you can complete the online form and Jen will contact you to discuss support available.

<https://forms.office.com/Pages/ResponsePage.aspx?id=KmTye347xE6qpnI9014JDnf-HA-94-RPpo82sxm87P5UQ0FUV1AzUlywVUhBQ1VCN0xXQkQ1VUxVMS4u>



Parent and Carer Coffee Morning Mental Health



Information

Find out about the mental health support available for our school community.

Meet Our Team

Meet the school's Designated Mental Health Lead and Play Therapist and other staff in school who support your child's mental health.

Ask Questions

Have a chance to ask questions about the school's provision for mental health and local services.

Connect

Have a cup of tea and connect with other parents and carers in our school community.

Explore

Our school Play Therapist will be sharing and modelling some simple games you can play with your child to promote connection in a fun and nurturing way.



***School Road and Portland Road
Tuesday 28th February 8.50-10.00am
West Hove Infant School Children's Centre***



Parent and Carer Coffee Morning Mental Health



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Holland Road- Tuesday 7th March
8.50-10.00am

Free Online Reflective parenting Group with Anna Freud

Do you sometimes struggle with your child's behaviour? Would you like to develop a better understanding of yourself as a parent as well as your child's emotions and behaviours? Then join our next online Reflective Parenting Group for free, starting 20 February 2023.

The Reflective Parenting Group is an 8-week closed group (meaning people can't drop in and out) for a maximum of 12 participants. The group provides both psychoeducation (there are slides and discussion points) and active support (sharing stories and struggles as well as successes with other parents) facilitated by two highly experienced clinicians.

Please contact cecyl.guajardo-cavazos@annafreud.org for further information and visit the following link
<https://www.annafreud.org/ReflectiveParenting/>



TAKEPART is back

www.brighton-hove.gov.uk/takepart

Annual festival, celebrating sport, dance, and exercise in Brighton & Hove

TAKEPART launches **Saturday 17th June**
@ The Level - Followed by 7 days of activity
across the city!

The Festival is a chance for you to:

- Promote the opportunities you provide in the city
- Raise the profile of your organisation
- Increase your junior and adult membership
- Link you with local schools and colleges
- Join other groups in the city and support a city-wide initiative

Want to be part of TAKEPART 2023?

Please contact:

Healthylifestyles@brighton-hove.gov.uk

Healthylifestyles@brighton-hove.gov.uk

And join our TAKEPART Webinar

Monday 13th February (Online) at 6-7.30pm

If you would like to attend please confirm your attendance
by sending an email or by calling 01273 294589

More information at www.brighton-hove.gov.uk/takepart

www.brighton-hove.gov.uk/takepart



**Your healthy
Lifestyle**


**Brighton & Hove
City Council**

Speak Out Stay Safe Volunteers – the NSPCC Schools Service is now recruiting in your area!



The NSPCC Schools Service is currently recruiting new volunteers in Brighton and Hove for our Speak Out Stay Safe safeguarding programme. Volunteers visit local schools and deliver the Speak Out Stay Safe workshops to children in Y5 and Y6 to empower them to have the confidence to speak out to trusted adults if they are worried. The more volunteers we have, the more schools we can reach with our Speak Out Stay Safe workshops!

We ask volunteers to deliver a minimum of 2 schools per month, so this role can be completed around part-time employment. We aim to minimise travel and match volunteers to local schools close-by to their home as much as possible, although there will be some travel involved.

If you are interested in finding out more, please use this link to sign up to a Volunteer Information Meeting (VIM) which is a 30-minute online meeting to give information on the role and to allow you to ask questions. <https://join-us.nspcc.org.uk/volunteers/vacancy/6752/description>

There is no obligation to apply. If you decide that the role is right for you after attending the VIM, then at that point you can complete an application.

Thank you so much for considering this role, we couldn't deliver our Speak Out Stay Safe service without the support of our wonderful volunteers. Here are some of my Sussex volunteers in action!

<https://join-us.nspcc.org.uk/volunteers/vacancy/6752/description>



Photographer: Peter Mansfield-Clark

Closing date – 12th February 2023

Kalee Knight, NSPCC Schools Coordinator for Brighton and Hove.

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



Nurturing Parents

A mindfulness-based wellbeing course
for parents and carers



***8-week Course
Starting 7th March '23
Tuesdays 1-3pm
Small group, at Portslade
Hub, BN41 2PG***

This course can help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children

To book a place please email the Schools Wellbeing Service

swsconsultationline@brighton-hove.gov.uk

swsconsultationline@brighton-hove.gov.uk

Nurturing Parents:

A Mindfulness-based Wellbeing Course for Parents and Carers

The Nurturing Parents Mindfulness-based Course is an eight-session programme that is relevant and accessible for parents and carers whatever your family circumstances.

Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

Dates:

Tuesdays 7th, 14th, 21st and 28th March + 18th and 25th April + 2nd and 9th May 2023.

(There are no sessions during the Easter school holidays.)

Time: 1.00 – 3.00pm

Venue: Portslade Hub, Mile Oak Road, Portslade, BN41 2PG

What to expect in the sessions:

Each week has a different theme which is linked to the one in the previous week.

There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing.

You will also learn some approaches that can be practised with children and young people.

No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

To book your place or to make a query email:

swsconsultationline@brighton-hove.gov.uk

swsconsultationline@brighton-hove.gov.uk

There is no cost for attending the course if the children you parent or care for attend or are enrolled at a Brighton & Hove school.

Course leaders: Beth Ruffel and Tessa Wyllie, Schools Wellbeing Service

Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers was developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.

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

Level 1 & Level 2

CYCLE



TRAINING

at Preston Park and Hove Park



Monday 13 to Thursday
16 February 2023

10am – 12.30pm each day

Ages 9 –15

Levels 1 & 2 together is
£40.00 per person.

Level 1 is where you
will learn to control
your bike.

Level 2 is where you
start with real traffic, but
sticking to quiet roads.

Level 1 – Riders must be able to ride
independently with confidence and
without stabilisers.

Progression to Level 2 training is
dependent on meeting all level 1 modules
to National Standards Level.

Places are limited and on a first-
come first-served basis.

To book your place, please visit
www.sports.brighton-hove.gov.uk/events



**Brighton & Hove
City Council**

Level 3

CYCLE



TRAINING

at Preston Park and Hove Park



Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.

Level 3 training costs £45 per person.

To book your place, please visit

www.sports.brighton-hove.gov.uk/events

Monday 13 – Wednesday
15 February 2023

1.15pm – 3.15pm each day

Ages 11 – 15

All children must have attended a level 2 course and should allow 3 months practice between levels.

All trainees will be assessed on level 2 outcomes before progressing further.



**Brighton & Hove
City Council**

Family Cycling

How does the training work?

Cycling is a sociable and brilliant experience to enjoy as a family.

We offer training to families to boost their experience and to support families with cycling safely

All sessions will be delivered by qualified National Standards Instructors who ensure that the training will meet the needs of each family.

The training is delivered in 2 sessions at a time to suit your family.

Session one is held in a non-traffic environment and is a training assessment, practice moving groups, bike control and progression towards on-road training if ready – approximately 1 hour.

Session two is held on road and working towards a planned journey for the family, self-assessment, mentoring – approximately 2 hours



What is included

All sessions are available for up to 6 people from the same family and MUST include 1 under 18 and 1 adult.

Riders MUST:

Be able to ride independently (start, stop, pedal, slow down)

Provide their own roadworthy bike (must have working brakes and no stabilisers)

Helmet (optional)

How to book or if you have any further questions?

Email: east.central@brighton-hove.gov.uk

Telephone: 01273 293847





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



COOKING ON A STICK

PERCY JACKSON & THE LIGHTNING THIEF

FAIRY DOORS & TREE SPIRITS

NERF-AGEDDON


SURVIVAL TRIBAL CASTAWAYS

FEBRUARY 1/2 TERM HOLIDAY CLUBS

"I LOVE THAT SCREENS ARE FORGOTTEN IN FAVOUR OF THE KIND OF THINGS WE USED TO DO AS KIDS. IT'S A LIFESAVER FOR WORKING PARENTS!"

★★★★★


NOW ON SALE - VISIT WWW.THEOUTDOORSPROJECT.CO.UK FOR MORE INFO




The Outdoors Project
OFSTED REGISTERED

FEBRUARY 1/2 TERM HOLIDAY CLUBS

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



THE OUTDOORS PROJECT
OUTDOOR AMBASSADOR
THE OUTDOORS PROJECT



NERF SHARP SHOOTER
THE OUTDOORS PROJECT

LANCING COLLEGE PREP (HOVE)

- MON 13 FEB **SURVIVAL TRIBAL CASTAWAYS**
- TUES 14 FEB **COOKING ON A STICK**
- WEDS 15 FEB **NERFAGEDDON**
- THURS 16 FEB **PERCY JACKSON & THE LIGHTNING THIEF**
- FRI 17 FEB **FAIRY DOORS & TREE SPIRITS**

COTTESMORE ST. MARY'S PRIMARY SCHOOL

- MON 13 FEB **FAIRY DOORS & TREE SPIRITS**
- TUES 14 FEB **PERCY JACKSON & THE LIGHTNING THIEF**
- WEDS 15 FEB **COOKING ON A STICK**
- THURS 16 FEB **NERFAGEDDON**
- FRI 17 FEB **SURVIVAL TRIBAL CASTAWAYS**

COOKING ON A STICK

Seated around the campfire, we'll be embarking on practicing our whittling skills to make chopsticks, making nomadic bread on the fire & creating deer feeders for our four-legged friends

NERFAGEDDON

Nerf action! We'll provide a range of blasters & play energetic Nerf games from base invasion to team gameplay to zombie dodging! Good fun for Nerf enthusiasts. Filled with adventure games which break up the Nerf rounds.

PERCY JACKSON & THE LIGHTNING THIEF

Join Percy Jackson the son of Poseidon & battle with the Gods. Choose your sponsor: Poseidon, Zeus or Hades, then create your medallion in preparation for this epic battle of capture the flag on Half Blood Camp Hill & join the quest of heroes in the Minotaur maze if you dare.


FAIRY DOORS & TREE SPIRITS

Become a nature ninja for the day - crafting fairy doors for our mystical woodland friends & moulding clay woodland tree spirits (a creature who protects the woodland). We'll also be serving up some dinner offerings, creating mythical symmetry art for our winged friends.

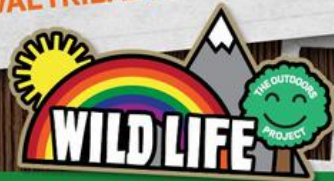
SURVIVAL TRIBAL CASTAWAYS

A day of tribal survival skills, where you craft & carve your very own spears to take home. Get your hands dirty with tribal clay impression tile making, then 'to the trees' with tribal face painting & castaway camp building.

"THIS CLUB IS CONSISTENTLY BRILLIANT"



THE OUTDOORS PROJECT
ROAM



WILD LIFE
THE OUTDOORS PROJECT

For more info on dates, locations and how the clubs run & to book: WWW.THEOUTDOORSPROJECT.CO.UK

SALE. SALE. SALE.
*EARLY BIRD
DISCOUNT*
£20 PER DAY
IF YOU SIGN UP
BEFORE
20TH JANUARY

£30



FEBRUARY FOOTBALL CAMP

13TH, 14TH, 15TH & 16TH

**10% SIBLING
DISCOUNT**

**9AM EARLY
DROP OFF £3**

HOVE PARK 3G

**BOYS & GIRLS 5-12 YEARS OLD
10AM - 3PM**

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

RUSSELLMARTINFUNDATION.CO.UK

info@rmfoundation.co.uk

01273 591364



GIRLS ONLY



ACADEMY DAY

HOVE PARK 3G

BN3 7BF

FRIDAY 17TH FEBRUARY

10AM - 3PM

**EARLY
DROP OFF
9AM £3**

£25

FOR NON-MEMBERS

01273 591364
info@rmfoundation.co.uk

RUSSELLMARTINFOUNDATION.CO.UK



**FEBRUARY
2023**

OLD BARN WAY - SOUTHWICK

BN42 4NT

NEW



FOOTBALL CAMP

BOYS & GIRLS 5-12 YEARS OLD

13TH & 14TH FEBRUARY

10AM-3PM

OLD BARN WAY

£20 DISCOUNTS APPLY

(PARTNER CLUB DISCOUNT OF £5 VIA DISCOUNT CODE) - PARTNER CLUBS - MILE OAK/SOUTHWICK/BURGESS HILL

01273 591364 **RUSSELLMARTINFOUNDATION.CO.UK/COURSES/SCHOOL-HOLIDAYS**
info@rmfoundation.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

Sleep

brite

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 21st 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](#)

[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
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