



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

# Hove Learning Federation School/Portland Road Newsletter

Friday 3rd March 2023

Dear Parent/Carers,

Already this term we have a host of events for the pupils to look forward to, including World Book Day and our marvellous middle topic celebrations and workshops.



## Parent Teacher Consultations

If you did not attend our 28th February appointments and have not booked a place for the 9th March, please do take the time to make an appointment to meet your child's class teacher for their mid-year review. A short survey has been sent to all parent/carers following appointments and we always welcome your feedback. If you cannot make these dates then please email the site office with your child's class name and class and they will ensure the teacher contacts you to arrange another time to meet.



## Year 6 Secondary School Allocations

Wednesday 1st March was the day when all eligible Y6 pupils in England discover which secondary state school they have been allocated. With 180 of our own pupils, we have come to realise that there will be a mix of emotions that will come about by the outcomes of this system. We will be talking to our children about how to deal with the possibility of not being given their preferred schools and ensuring understanding when they are in the company of those pupils who may be feeling upset by their allocation. Our Year 6 teams will also be working closely with the secondary schools and developing a range of transition activities across the summer term.

## KS2 SATs

Following our Y6 parent's information session for Y6 parents to help improve their understanding of the SATs arrangements please the diary dates below for the statutory KS2 tests:

- Tuesday 9 May: English grammar, punctuation and spelling (GPS) papers 1 (questions) and 2 (spelling)
- Wednesday 10 May: English reading paper
- Thursday 11 May: mathematics papers 1 (arithmetic) and 2 (reasoning)
- Friday 12 May: mathematics paper 3 (reasoning)

Further information and practice papers are also available on the school website.

<https://www.hovejuniorschool.co.uk/page/?title=KS2+Year+6+Tests+Information&pid=80>



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

West Hove Infant School

[admin@westhove-inf.brighton-hove.sch.uk](mailto:admin@westhove-inf.brighton-hove.sch.uk)

01273 733386

Hove Junior School

[portlandroadenquiries@hovejun.brighton-hove.sch.uk](mailto:portlandroadenquiries@hovejun.brighton-hove.sch.uk)

01273 916609

Hove Junior School Inclusion Team

[inclusionteam@hovejun.brighton-hove.sch.uk](mailto:inclusionteam@hovejun.brighton-hove.sch.uk)

01273 916609

Best wishes,

Maddie Southern and Ben Massey

## Diary Dates

**8th March** - School Nurse 8.30am-10am book by calling the school office on 01273 733386 option 1

**9 March** - Parents/Carers Teacher Consultation evening

**17th March** - Red Nose Day - further details to follow.

**21st March** - SR Y2 Trip to Drusillas

**28th March** - SR Y1 walk in local area

### Possible Strike dates:

Weds 15th March

Thurs 16th March





# Year 1

Check out our eco art work! Year 1 have been creating dragons made from recycled materials. Our current topic is Castles and Caves and we have been using our imaginations to create the most specular dragons. These creations were made at home and have added to wonderful displays. As a whole school we have been thinking about planning for a more environmentally sustainable curriculum and this project has enabled the children to get creative with how they can recycle and reuse materials. Watch out for some more information on our current Our City Our World project coming soon.





# Year One visit Storyland

Without leaving the school playground, every child in Year 1 is going on an amazing adventure this term, using only their imaginations!

Using the outdoor spaces around the school, theatre maker Fran Moulds (Aka Brambledash) has been taking the Year One on a fantastical 'journey' into Storyland - an imaginary world where anything is possible - and together they create and act out their very own story adventure! This term it's all about Castles!

Storyland is designed to assist learning and inspire creativity, incorporating themes from the curriculum. The project uses nature connection, play therapy and cooperative play to support children's speech, language and literacy skills.

This is the second of three Storyland sessions Fran over 2023/2023 with Year One classes. Please get in touch with Fran if you have any questions at [fowhis@gmail.com](mailto:fowhis@gmail.com).

Storyland is an educational enrichment project led by theatre maker Fran Moulds (Brambledash) and supported by FOWHIS.

<https://brambledash.co.uk/>



# Year 4

This week in Year 4, we were visited by Portals to the Past and had the opportunity to experience what life was like as a Viking.

Throughout the day, we heard and acted out Viking myths, played Viking games, took part in a Viking quiz and looked closely at Viking artefacts. Later in the day we experienced Viking battle tactics and even got to raid the Year 6 classrooms; they didn't see it coming and were even more surprised when we took hostages.

We felt like true Vikings and had a day full of fun, excitement and adventure. Take a look at these pictures of our day...









## Year 5 Marvellous Middle

Year 5 had a Marvellous Middle day to mark the halfway point in their Ancient Maya topic and celebrate everything they have learned so far!



During the day, the children moved around all the Year 5 classrooms and completed a different activity with each teacher, including: learning about how important chocolate was to the Ancient Maya, making a giant 3D map of the Ancient Maya area, writing their own lyrics to an Ancient Maya song, and designing bricks to create a giant Year 5 Maya pyramid which will soon be decorating the hall!



The children even got together to wear the fantastic Maya-style masks which they designed and made so carefully.



# PE News

## Netball Tournament- Stinger Netball at Patcham High

Thank you again for coming along to the Netball Tournament on Monday (27.2.23) evening, it was a great tournament and was wonderful seeing so many children playing netball in the lovely sunshine! Even though our girls didn't qualify, they had a great time and it was a great opportunity to face competitive games and participate with other schools.

Special shout out to Violet!! For consistent and professional throughout. And Joscelyn for determination! Here is a picture of the Netball team that took part on the event. And thank you very much to Ms Lewis for been a wonderful coach!  
Well done girls!



# PE News



## Boys Football



Huge congratulations to the Boys football team that made it to the Final! Unfortunately, they draw against Cottesmore but the overall results mean that they won the league!! The children were over the moon and so was their coach Mr Trott!! Thanks so much for your support and sporting spirit!

We are looking forward more wins in friendly games against other schools in Brighton and Hove.

Well done boys!!

## Cross Country Finals!

We would like to let you know we know have a date for the Sussex School Games Primary Cross Country finals!

Wednesday 19 April at Hickstead from 12.45pm.

Children that are taking part have been already informed. Good luck!



## PE News

Barney Webb has completed a Half Marathon!! Here he is holding proudly his medal and trophy!

Well done Barney!!

He ran in the youth race at the half marathon last weekend - 1 mile along the prom - and he came first in his age category (of 84 runners) Wow!!

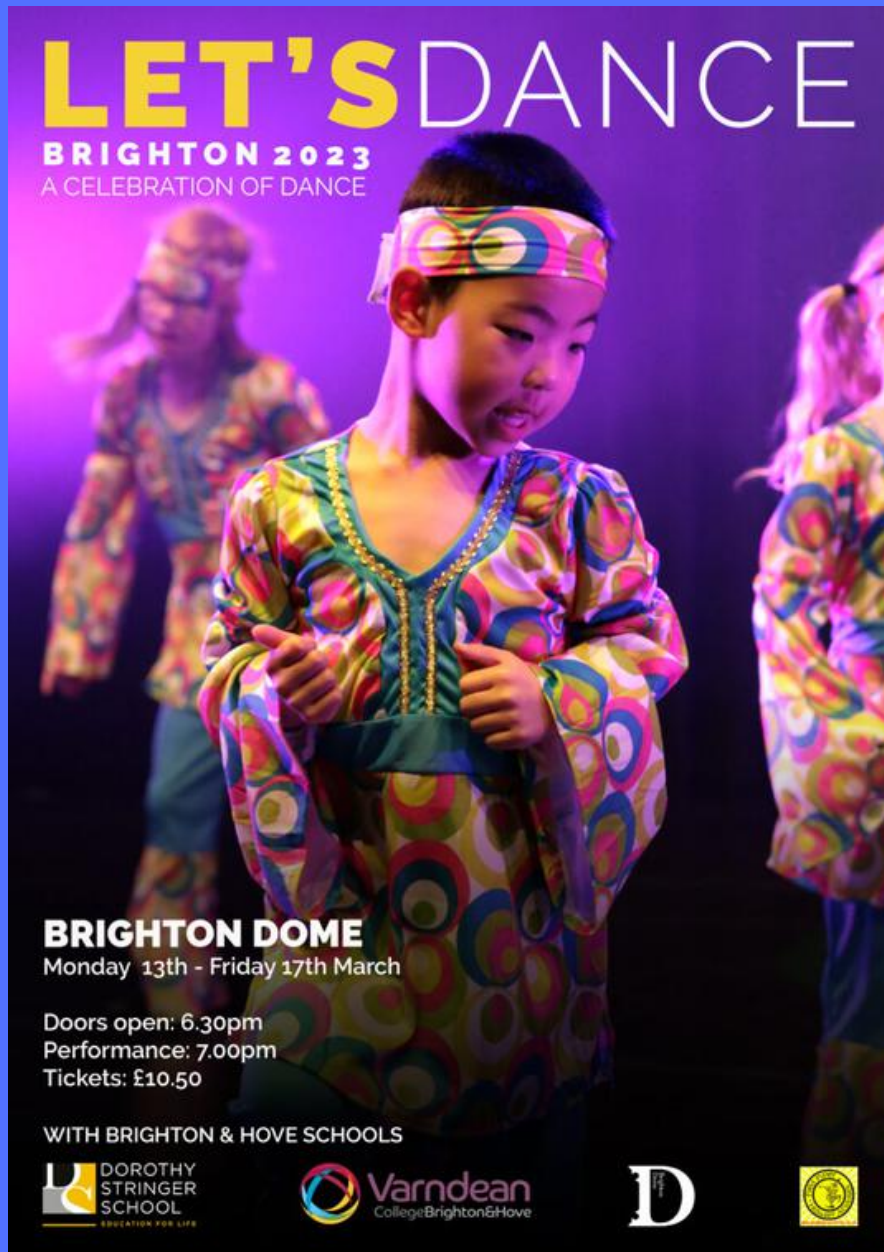


# PE News

## Let's Dance! 2023 - Wednesday 15th March 2023

The dance group are getting really excited about their upcoming performance! We just wanted to confirm details for 'Let's Dance' at the Dome this year.

The performances will commence at 7pm and there will be an interval of 30 minutes. The show is due to finish at approximately 9pm.





**LET'S DANCE**  
**BRIGHTON 2023**  
A CELEBRATION OF DANCE


**BRIGHTON DOME**  
Monday 13th - Friday 17th March


Doors open: 6.30pm  
Performance: 7.00pm  
Tickets: £10.50

WITH BRIGHTON & HOVE SCHOOLS

 **DOROTHY STRINGER SCHOOL**  
EDUCATION FOR LIFE

 **Varndean**  
College Brighton & Hove

 **BRIGHTON & HOVE**



## Year 6

A big thank you to all of the families who sent in old cereal boxes. Year 6 have had a fantastic time making periscopes out of them and the experience has really helped the children understand reflection as part of our 'Light' topic in Science.

Thank  
you!



## WEST HOVE INFANT SCHOOL CALL OUT:

We're in the middle of turning a damp and unused area in the back playground of West Hove Infant School into a beautiful storytelling space.

Pupils all worked hard on their ideas for the space and we received just shy of 100 drawings, detailing their imaginative plans. They asked for hammocks, bean bags, tables to read at, plants, flowers and teddies, twinkly lights, a stage and lots and lots of books!

Brighton architects Miller Bourne then joined in, drawing up plans and a proposal - even making a 3D video of what the space could look like.

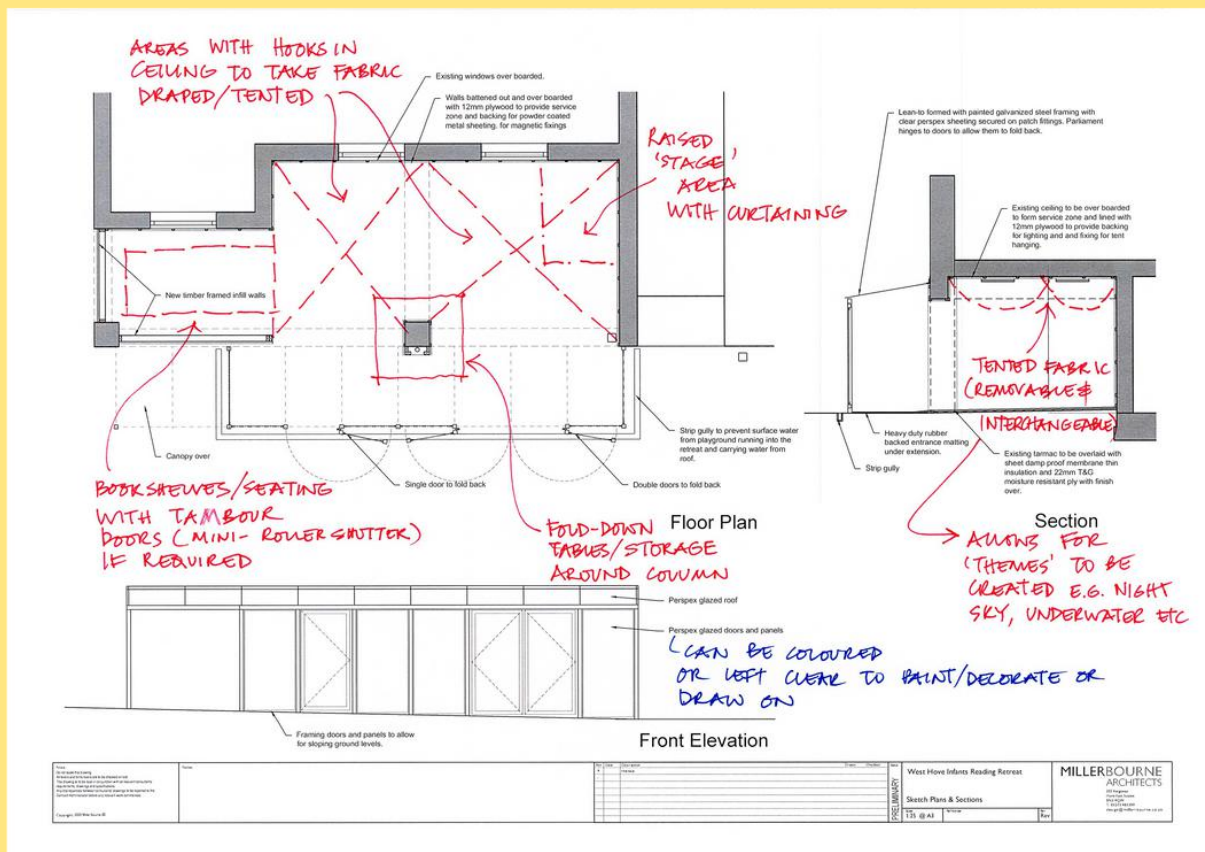
We're now calling out for a local contractor to put together a quote for the Miller Bourne plans so we can get the money together and turn the space into something all the children can use.

If you are a contractor and would be willing to price the proposals, please email [fowhis@gmail.com](mailto:fowhis@gmail.com). We also need a Quantity Surveyor willing to assist with costing the proposals.

This project is entirely supported by the parents of West Hove Infant School and local businesses.

Our hopes are for this new space to help our children feel inspired and excited to learn, give our lovely school a new lease of life and offer the staff and pupils more space to play, learn and create.

Huge thank you to architect firm Miller Bourne, who are supporting this development without charge, and an enormous thank you to everyone who reads this message and is able to share it with friends and family.













# Everybody read!

**Reading together with your child matters!**

Sharing books makes a big difference to your child's education.

When you read to your child you are making a positive impact on your child's reading ability and their love of reading.

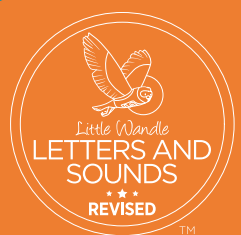
Reading a book and chatting about it has a positive impact on your child's ability to:

- understand words and sentences
- use a wide range of vocabulary
- develop listening comprehension skills

Reading books your child has chosen to read for pleasure is one of the best things you can do to help them succeed at school.

A love of reading is the biggest indicator of future academic success!

Parental involvement in the development of children's reading skills:  
A five-year longitudinal study (2002) Senechal, M. and Lefvre, J.





# Everybody read!

## Does it matter how I read with my child?

- Studies show that it's the enjoyment and chat that matters!
- The more you chat together about the book and things that interest your child the more impact it has.
- You don't even have to read the words on the page, talking about the pictures is just as important.

## Does it matter which language I use?

- Use your home language.
- It is better for your child to hear expert talk from you in your language.
- Many studies tell us it is the back-and-forth talk between adults and children when they are sharing books that makes the difference to children's language and comprehension.
- This impact will translate to better language and comprehension for your child in English.



## Does the type of book matter?

- Let your child be the boss of the books they choose. Enjoyment really matters.
- Comics, information books, magazines, story books, picture books, poems and leaflets are all great for sharing.
- Catalogues are fun to share and talk about too.

## What if they always want to read the same book?

- Repeated reading of books is really beneficial for children. It helps them memorise parts of stories, words and phrases too.
- Knowing a book or poem by heart is fun and powerful for children, they can 'read' the story with you, or join in with words or phrases.
- If you really want to mix it up offer another book alongside the much-loved favourite!





# Donation Shed Update

Thanks to our utterly wonderful families, FoWHIS and the Juniors' PTA, we now have a food shed stocked with a veritable cornucopia of kindness! The only thing it need now is a name! We've run a competition with the children from both schools and they have come up with HUNDREDS of brilliant ideas, which have now been whittled down to a shortlist of 25. Today staff have been voting for their favourite name and next week we will announce the winner.

We will be opening the school gates for longer on some mornings and afternoons so that people can access the shed. A timetable for this will be sent out soon.

This is a community space where we can combat food-waste and share things that we no longer need or use, from tubes of toothpaste to tins of tuna. Whether you're out of toilet roll or you're a bit short of an ingredient for dinner, please take whatever you need. This is your space and everyone is welcome. Please go in and have a look around!





# Your Sport Your Vision Your City



## Changes for the King Alfred Leisure Centre

The King Alfred Leisure Centre has an essential role in providing sport and leisure opportunities for the city. The centre is popular but it is starting to show its age. Some parts of the city are over 80 years old and increasing maintenance and running costs are making it costly and inefficient to run.

Therefore, as a key part of the delivery of the city's approved Sports Facilities Investment Plan (SFIP) 2021-2031 we are developing plans for a new facility to replace the King Alfred. The new facility will provide a much more modern, energy efficient building and offer a greatly improved environment for all users. We are working to ensure it will be a facility that meets local need, continues to attract visitors, and enables us to host major competitions and events.

With that in mind, over coming weeks and months we will be engaging with local residents so that their views can be considered in developing the new facility.



# Where the new facility will be located

We are considering three key options for the location of the new centre:

- ◆ **delivery of the new facility on the existing King Alfred site**
- ◆ **delivery on an alternative council-owned site elsewhere in the west of the city**
- ◆ **delivery on a privately owned-site in the west of the city which the council would need to acquire.**

To select a site the council must complete a site assessment process. That entails firstly looking at the existing site and other sites in council ownership. We are also now undertaking an ‘expressions of interest’ (EOI) exercise, inviting landowners and developers to come forward with alternative sites that may be suitable. We will then assess the sites against a range of criteria that reflects the requirements for the new facility.

## How you can get involved

**Over the coming weeks we will be engaging with residents through a series of online and in-person events. We will be hosting workshops and drop-in sessions accross the west of the city and reaching out to groups that represent all parts of our diverse community.**

Information about the project and upcoming events is at [www.brighton-hove.gov.uk/king-alfred-development](http://www.brighton-hove.gov.uk/king-alfred-development) and on the council’s Facebook and Twitter accounts.





# Supporting Dyslexia and Literacy Difficulties at Primary and Secondary School

## BHISS Literacy Team

Parents' and Carers'  
Open Evening – FREE  
event

A warm welcome  
awaits!

- Open to all parents/carers with questions about their children's literacy development – no need to book, just come along! Children & young people welcome!
- Meet the Literacy SEN specialist teachers to get tips and strategies to support your child with literacy - with a focus on reading
- Presentation from the BHISS Literacy Team
- Demonstration of a range of useful resources
- Assistive technology – with an emphasis on reading

### PARKING

Please note there is no parking available in the school grounds. There is on street pay & display parking available near the school, and the Hove Tesco is nearby. The school is near the Blatchington Road and Church Road bus routes.

### Stalls with:

Dyslexia friendly books,  
resources and games  
Book Nook Children's Bookshop  
Ransom Book Publisher  
Brighton and Hove Library Service

Date: Thursday, 9th March 2023

Time: 6 pm - 7.30 pm – presentation at 6pm

Venue: St Andrews Primary School  
Belfast Street  
Hove  
BN3 3YT

For further information, please email Jackie

on

lssadmin@brighton-hove.gov.uk

# Head into town for just 50p



## Under 19? Travel for just 50p off-peak

This includes after 18:00 on school days and any time at the weekend, public and school holidays. Excludes Night services.

Visit bus operator websites for more details.

Brighton & Hove Buses

Stagecoach

Compasstravel  
your local bus company

The Big Lemon

  
HM Government

  
Brighton & Hove  
City Council

  
**Better by Bus**





# ACTIVITIES 4 KIDS

COMING TO HOVE JUNIOR  
SCHOOL THIS EASTER!

SCHOOL HOLIDAY  
CAMP

8:30AM TO 3:30PM

We will be back for the summer holidays!!



Easter 2023  
Week 1  
**3RD TO 6TH  
APRIL 2023**

Easter 2023  
Week 2  
**11TH TO 14TH  
APRIL 2023**

Daily Fee  
**£30**

## Tutor led Activities

- ✓ Games
- ✓ Sports
- ✓ Arts & Crafts

## Hove Juniors School

Holland Road,  
Hove  
BN3 1JY

Contact us on 01273 256354 [info@activities4kids.co.uk](mailto:info@activities4kids.co.uk)  
[www.activities4kids.co.uk](http://www.activities4kids.co.uk)

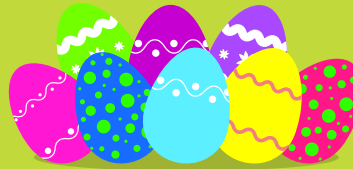






HELEN O'GRADY  
DRAMA ACADEMY

BEST CLUB THEY'VE BEEN TO...  
IT'S JUST EAT, SLEEP & DRAMA NOW!



Sussex parent



SUSSEX

# Easter Club!

Drama & Dance Holiday School



Brighton

Worthing



AGES 5-16 WELCOME

email: [sussex@helenogradysussex.co.uk](mailto:sussex@helenogradysussex.co.uk)

[www.helenogradysussex.co.uk](http://www.helenogradysussex.co.uk)

Book  
now

Call: 07980 607139

FREE scholarships\*



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Department  
for Education

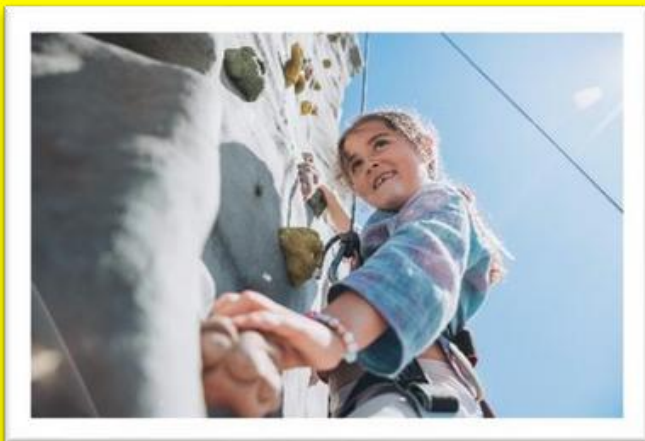


Brighton & Hove  
City Council



\*FREE SCHOOL MEAL PUPILS  
TS & CS APPLY





Junior Camp  
(6-12 yr Olds)  
£45

HAF Camp  
(6-16 yr Olds )  
FREE to pupils who receive FSM



# Easter Adventure Camp 2023



Cardinal Newman School  
The Upper Drive  
Hove  
BN3 6ND

HAF camp & JUNIOR camp:  
Monday 3rd - Friday 14th April 2023  
Book one day or as many as you want



## WHAT TO BRING

- Waterproof Coat / Spare Jumper
- Wellington Boots
- Packed Lunch / Drink Bottle

Archery

Bushcraft

Slackline

Hoverboards



# SummerAdventureCamp.co.uk



Friendship

Adventure

## HOW TO BOOK

Visit our facebook page or our website and follow the links to our new Online Booking portal **ClubsBuddy**

Any problems or questions feel free to contact us

[manager@summeradventurecamp.co.uk](mailto:manager@summeradventurecamp.co.uk)



# TAKEPART is back

[www.brighton-hove.gov.uk/takepart](http://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](mailto:Healthylifestyles@brighton-hove.gov.uk)

[Healthylifestyles@brighton-hove.gov.uk](mailto: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](http://www.brighton-hove.gov.uk/takepart)

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



**Your healthy  
Lifestyle**

  
**Brighton & Hove  
City Council**



# 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](mailto:swsconsultationline@brighton-hove.gov.uk)***

***[swsconsultationline@brighton-hove.gov.uk](mailto: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 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> March + 18<sup>th</sup> and 25<sup>th</sup> April + 2<sup>nd</sup> and 9<sup>th</sup> 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](mailto:swsconsultationline@brighton-hove.gov.uk)

[swsconsultationline@brighton-hove.gov.uk](mailto: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.



Sussex Community  
NHS Foundation Trust

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](http://www.healthforkids.co.uk)

Follow us:  @SussexCommunityNHS  @NHS\_SCFT

 ChatHealth

Text a school nurse for  
confidential advice and  
support

07480 635423





# 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](mailto:east.central@brighton-hove.gov.uk)

Telephone: 01273 293847





# 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** 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](#)

**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](mailto:tutorroomltd@gmail.com).

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

Many thanks,  
Rachel Dodson

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