



WEST HOVE INFANT SCHOOL

A family of friends

Hove Learning Federation Holland 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

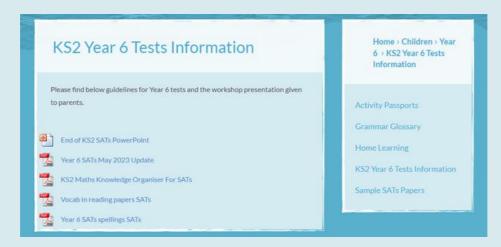
Wednesday 1st March was the day when all eligible Y6 pupils in England discover which secondary state school they have been allocated. With 180 of our own pupils, we have come to realise that there will be a mix of emotions that will come about by the outcomes of this system. We will be talking to our 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 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

9 March - Parents/Carers TeacherConsultation evening17th March - Red Nose Day - further details to follow.

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.





On Wednesday of this week, the Year 3 children had an amazing adventure to the Earthship at Stanmer Park. This trip supported their learning and linked to our Trash to Treasure topic. The Earthship is built and run using sustainable resources and power sources. The children were given the opportunity to light fires, create jewellery and plait plants. They were also given a guided tour of the Earthship. We were so incredibly proud of their behaviour

and engagment – Well done Year 3!

Thank you for your support. Without it, these fabulous trips would not be possible.

The Year 3 team.



Girls Football

Game vs Patcham in February

The girls' team faced their most difficult challenge yet in the week before half-term, which ended in a painful - yet incredibly close - 2-1 defeat, away at Patcham.

The team arrived at Patcham Junior School raring to go, but their adaptivity was tested even before the first whistle had blown. The match was supposed to be a 7v7, however, when the match started, Patcham were fielding 9 players. The pitch was also significantly larger than those that the girls had been used to playing on. Play was paused whilst we decided that playing 9v9 on the bigger pitch made more sense, and gave everyone more playing time. Unfortunately, this seemed to unsettle the team for much of the first half and it was a shame that the girls had to adapt like this before even being able to concentrate on the game-plan itself.

This unsettling of the team led to players being dragged out of position and shape, and despite some good defensive work, Patcham eventually took the lead.

We got to half-time and had a chance to reset and re-think. We changed formation and went on the offensive and it was like watching a different team in the second half. Frustratingly, Patcham managed to grab a second goal against the run of play, but there was still a lot of time remaining, so the team pushed on energetically.

We pushed forward with numbers in attack and tried to maintain a higher-press on their defence, which was effective. We broke through and scored with 7 minutes remaining to make the score 2-1. The girls could sense the need for urgency with elimination from the cup looming over them as the minutes continued to tick by. They did so well to continue hassling Patcham and winning the ball high up the pitch, maintaining a constant threat.

The hard work of the team led to multiple chances, but the ball just wouldn't go in. Seconds before the final whistle with the last kick of the game, Narimene found herself in a brilliant position just in front of goal. She had looked dangerous for the whole match and is certainly a player that you would want on the end of these types of chances. She released a good strike, which everyone observed breathlessly as it raced narrowly wide of the post, with a helpless goalkeeper looking very relieved to see it just miss the target. The match finished 2-1.

The team were all quite distressed at the end of the match, both because of the defeat, but more so because some of the refereeing decisions had been questionable, with some very strong challenges on the girls going unpunished.

Given another five minutes I feel certain that the team would have scored an equaliser...Given another ten and we may have gone on to win it. I hope the girls aren't too despondent. It felt like a cruel match, but they should all remember how brilliant they were in the second-half, and how they were forced to adapt to new rules and circumstances quickly, without any prior warning.

We will take all of that fire onwards to whichever team we face next!



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.

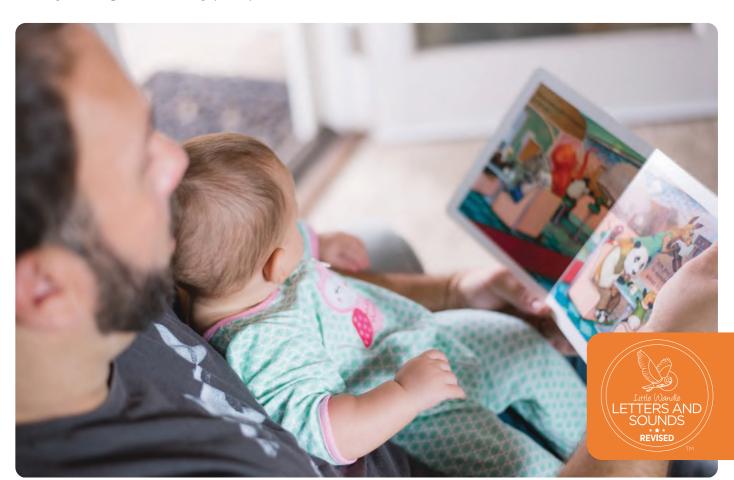
Reading a book and chatting about it has a positive impact on your child's ability to:

- · 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.





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 backand-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 of phrases.
- If you really want to mix it up offer another book alongside the muchloved favourite!

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!
- O Meet the Literacy SEN specialist teachers to get tips and strategies to support your child with literacy - with a focus on reading
- O Presentation from the BHISS Literacy Team
- O Demonstration of a range of useful resources
- O Assistive technology with an emphasis on reading

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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

Issadmin@brighton-hove.gov.uk

Your Sport Your Vision Your City



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.





- 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 and on the council's Facebook and Twitter accounts.



Parent and Carer Coffee Morning Mental Health



Information

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

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

Ask Questions

Have a cup of tea and

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.



Meet Our Team

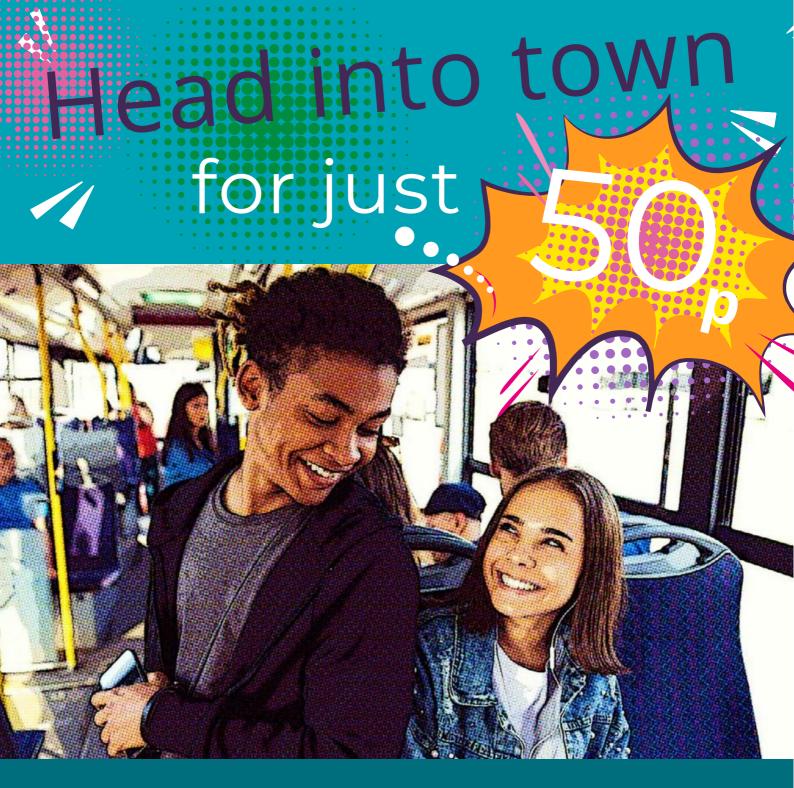
Meet the school's Designated Mental Health Lead and Play Therapist and other staff in school who support your child's mental health.

Connect

connect with other parents and carers in our school community.



Holland Road- Tuesday 7th March 8.50-10.00am



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















ACTIVITIES

4 KIDS

COMING TO HOVE JUNIOR SCHOOL THIS EASTER!



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 www.activities4kids.co.uk



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





Easter Club











5 5-16 WELCOME

email: sussex@helenogrady.co.uk

www.helenogradysussex.co.uk

Call: 07980 607139

FREE scholarships*



now











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 **Cubs Buddy**

Any problems or questions feel free to contact us manager@summeradventurecamp.co.uk



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

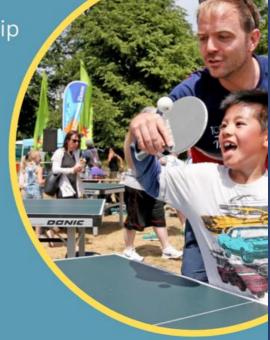
- Raise the profile of your organisation
- · Increase your junior and adult membership
- · Link you with local schools and colleges
- Join other groups in the city and support a city-wide initiative

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 <u>www.brighton-hove.gov.uk/takepart</u>

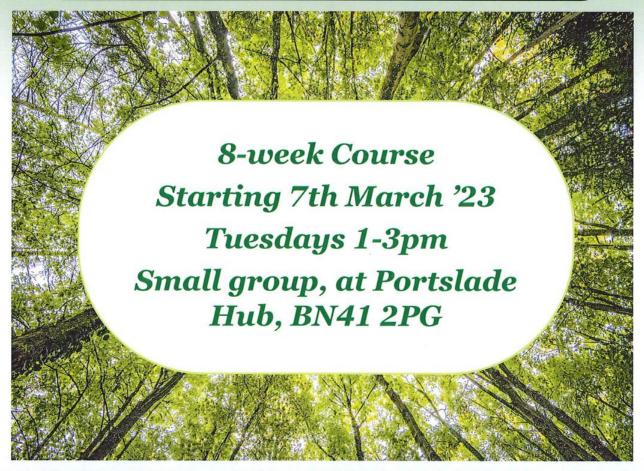
www.brighton-hove.gov.uk/takepart

Your healthy Lifestyle



Nurturing Parents

A mindfulness-based wellbeing course for parents and carers



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 7^{th} , 14^{th} , 21^{st} and 28^{th} March + 18^{th} and 25^{th} April + 2^{nd} and 9^{th} 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 Elunded 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

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: f @SussexCommunityNHS oNHS_SCFT





Chat Health

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 guestions?

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

Telephone: 01273 293847







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



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 | Event-

Secondary 7th March 2023 Sleep workshop for parents/carers of SECONDARY age children Tickets, Tue, Mar 7, 2023 at 12:30 PM | Eventbrite

This workshop is aimed at parents and carers of children in the stated key stage. We will be using a cognitive-behavioural model to understand how thoughts, feelings and behaviours are linked and form unhelpful patterns that can lead into a downward spiral of persistent low mood. We look at ways you might be able to help your child, including addressing your child's sleep, routine, exercise and eating patterns. We will also touch on ways you as a parent might be able to support your young person's negative thoughts or unhelpful behaviour patterns.

Low mood

Primary 24th January 2023 Low Mood workshop for parents/carers of PRIMARY age children Tickets, Tue 24 Jan 2023 at 12:30 | Eventbrite

Primary 2nd May 2023

Low Mood workshop for parents/carers of PRIMARY aged children Tickets, Tue 2 May 2023 at 12:30 | Eventbrite

Secondary 7th Feb 2023

Low Mood Workshop for parents/carers of SECONDARY aged children Tickets, Tue 7 Feb 2023 at 12:30 | Eventbrite

Secondary 16th May 2023

Low Mood workshop for parents/carers of SECONDARY aged children Tickets, Tue 16 May 2023 at 12:30 | Event-

Anxie

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 Ja

2023 at 12:30 | Eventbrite

Secondary 18th April 2023

Anxiety Workshop for parents/ carers of SECONDARY age children Tickets, Tue, Apr 18, 2023 at 12:30 PM | Event-



MHST Workshops 2022-2023

One-off Parent Virtual Workshops 12.30-1.30 Tuesdays

transition

This workshop is for parents/carers of young people starting Y7 at Secondary School in September 2023. The workshop will cover what anxiety is and how it's maintained, how to talk to your child about school transition anxieties and some practical advice on how to help your child manage their worry using a CBT approach. We will also look at how to encourage young people to become independent problem solvers.

27th June 2023 Transitions workshop for parents/carers of children moving from yr 6 - yr 7 Tickets, Tue 27 Jun 2023 at 12:30 | Event- brite

Ongoing Parent Virtual Groups (4 weeks) 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.

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

