



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

# Hove Learning Federation Holland Road Newsletter

Friday 17th March 2023

Dear Parent/Carers,

## **Lets Dance**

Firstly, we'd like to say a huge congratulations to our pupils who performed at the Brighton Dome on Wednesday evening. It was a fantastic experience for them all and a brilliant production. We are so proud of them!



## **Parent/Carer consultations**

Thank you again to all of who completed the parent/carers survey. If you were unable to make your appointment, please arrange another time to meet the teacher via the school office or use the enquiry email.



## Parking Safely and Dangerous Driving

We have had more reports of dangerous driving on the roads outside of all our sites. If you witness dangerous driving, please report it to Operation Crackdown:

<http://www.operationcrackdown.org/>

Last year key changes to the Highway Code brought in new rules about vulnerable road users including children. Prior to this, all road users were on an equal footing so were equally responsible for their own safety and the safety of other road users. Now, drivers must be aware that pedestrians, cyclists and motorcyclists, as the most vulnerable road users, take priority over cars. The idea is to highlight that car users have the greatest responsibility to reduce danger to others by driving and parking safely.

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

01273 733386

Hove Junior School

[hollandroadenquiries@hovejun.brighton-hove.sch.uk](mailto:hollandroadenquiries@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 Lorna Cummings

## Diary Dates

**20th March** - Year 2 Drusillas trip

**30th March** - Juniors Easter Disco

**31st March** - Infants Easter Bonnet Parade

**31st March** - Last day of term

**17th April** - First day back at school





### **7.3.23 Year 5/6 Cricket tournament at BACA**

The year 5 and 6 boys did themselves and us as a school incredibly proud at the recent Brighton and Hove schools cricket tournament held at Brighton Aldridge Community Academy. They played 5 others schools throughout the morning and won the majority of their games! The boys showed amazing team work and spirit and had a fabulous morning! The organisers will be sending round more information regarding local teams and opportunities to get involved in cricket outside of school soon. The girls are looking forward to their cricket tournament next week! Well done boys- what a team!











# Autism and anxiety

You are invited to a coffee morning with BHISS staff on

**Tuesday 16th May from 9.00 to 10.30am**

at the Portland Road site

This meeting is for parents or carers of children

with an autism diagnosis

and also those on the pathway

Mandy Leahy, who is an autism family support worker from the council's inclusion and support service, (BHISS) will be here at the school to answer questions and talk through strategies.

Please ask Mandy Stewart, Charlotte Wallace or Ben Patterson if you need anymore information.



## Autism, demand avoidance and behaviour that challenges

You are invited to a coffee morning with BHISS staff on

**Tuesday 20th June from 9.00 to 10.30am**

at the Portland Road site

This meeting is for parents or carers of children

with an autism diagnosis

and also those on the pathway

Mandy Leahy, who is an autism family support worker from the council's inclusion and support service, (BHISS) will be here at the school to answer questions and talk through strategies.

Please ask Mandy Stewart, Charlotte Wallace or Ben Patterson if you need any further information.

# Hangleton & Knoll Parent/Carer Group

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

## COFFEE MORNING



Find out more about the Parent  
Carers' Council (PaCC) and how  
they represent you.

Also, on World Down Syndrome  
Day a quick overview of Down  
Syndrome and to raise awareness  
and celebrate, we ask you to wear  
mismatching socks on the day!

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

**Tuesday March 21st**

**9.30am - 11.30am**

**St Richards Community Centre**

**Egmont Rd**

**Hove BN3 7FP**



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



**The Hangleton  
& Knoll Project**  
Working for a better community





Mum's doing it  
for themselves

TEAM DOMINICA—  
PRESTON CIRCUS

ARE YOU A  
SINGLE  
MUM? NEED  
SUPPORT  
WITH YOUR  
CHILD  
OR WANT TO  
MEET OTHER  
MUMS?

March 28th  
10-11.30 at the Cafe  
RSVP

[Sharyn.brazier@brighton-hove.gov.uk](mailto:Sharyn.brazier@brighton-hove.gov.uk)



## Hello, parents & guardians!

We are **BeeZee Bodies**, and we work with Brighton & Hove Council to provide FREE (and FUN!) healthy lifestyles support for families.

We run **BeeZee Families** courses after school across Brighton & Hove, or you could join our online courses instead. We have new groups beginning in May. Click below to sign up for your family's FREE place!\*

Or, enrol in the **BeeZee Academy** - our FREE self-paced online learning portal full of useful information and tips on how to make your family healthier.



SCAN ME WITH YOUR  
SMARTPHONE CAMERA OR  
CLICK HERE TO SIGN UP!

\*to be eligible for this awesome free service, your family must live/go to school in Brighton & Hove and include one child who is above their ideal healthy weight.



## Roll into Spring

Each year, 20th March marks the first day of SPRING! As we look forward to longer days and warmer weather, try these tasty **Rainbow** Spring Rolls to get you excited for all the yummy vegetables to come over the season.

### Ingredients:

#### For the roll:

- 1 Spring Roll Wrapper (Rice Paper OR Small Tortilla Wrap)
- Red & Yellow Bell Pepper
- Cucumber
- Carrot
- Purple Cabbage
- Any other veggies you like or have in the fridge (it doesn't have to be a rainbow!)

#### For the dip:

- 2 tbsp Soy sauce
- 1 tsp Hoisin
- 1/2 tsp Rice Vinegar
- 1/2 tsp Maple Syrup
- 1/2 tsp Sriracha

### What to do:

1. Choose which veggies you'd like in your roll and chop them all into thin matchstick-size strips
2. If using rice paper, soak in warm water until it softens and becomes flexible. If using a tortilla wrap, skip steps 2 & 3
3. Remove the wrapper from the water and place it on your chopping board - pat it dry with a paper towel
4. Add your assortment of colourful veggies to the centre of the wrapper
5. Fold the sides in towards the centre, and roll it up tight from the bottom
6. For the dip: measure all ingredients into a small bowl and stir to combine
7. With a sharp knife, carefully cut your rainbow spring roll in half, dip and enjoy!

### Top Tip

If you don't have the ingredients for the dip on hand, soy sauce by itself tastes great too! You can also experiment with other ingredients you have to create your own sauce!

# BECOME A HEALTHIER, HAPPIER FAMILY IN 2023

Come along to our fun, free healthy lifestyles courses and you will learn:



Sign up for your family's **FREE** place at [beezeebodies.com/families](https://beezeebodies.com/families)



or scan me with  
your smartphone  
camera

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Brighton and Hove and include one child aged 5-15 who is above their ideal healthy weight.

Monday

ONLINE

5-8yrs old  
17:30-18:30  
9-12yrs old  
18:30-19:30

Tuesday

ONLINE

9-12yrs old  
18:30-  
19:30

Wednesday

HANGLETON

West  
Blatchington  
Primary School  
17:30-19:30

ONLINE

9-12yrs old  
17:30-  
18:30  
5-8yrs old  
18:30-

Thursday

CENTRAL  
BRIGHTON

St Mary  
Magdalen's  
Primary School  
17:00-19:00

12-week BeeZee Families courses starting in  
Brighton and Hove from the 8th of May



BeeZee Families

[www.beezeebodies.com/families](https://www.beezeebodies.com/families) 01273 041397





# Level 1 & Level 2

# CYCLE



# TRAINING

## at Preston Park and Hove Park



Week 1 - Monday 3 – Thursday 6 April

Week 2 - Tuesday 11 – Friday 14 April

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  
depended 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 contact  
Emily Tester on 01273 293847 or  
email: [east.central@brighton-hove.gov.uk](mailto:east.central@brighton-hove.gov.uk)



**Brighton & Hove  
City Council**



# AFTER SCHOOL CLUB

## SUMMER TERM '23 BOOK NOW



FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

**VOLCANO VILLAGE MELTDOWN**  
**SUPER MARIO \* PERCY JACKSON**  
**FAIRY DOORS \* DRAGON TAILS**  
**CORNHOLE SUPERSTARS**  
**CAPTURE THE FLAG \* AIR TOYS**  
**NERF \* STONE AGE GAMES**  
**FIRE LIGHTING \* MAD SCIENCE**  
**+ TONNES OF GAMES AND**  
**THE KEY INGREDIENT LOTS OF FUN!**

WATCHING CHILDREN'S  
CONFIDENCE GROW &  
NEW FRIENDSHIPS FORM  
AT OUR CLUBS IS ONE OF  
THE MOST REWARDING  
THINGS WE DO.

**HOVE JUNIORS**  
**HOLLAND ROAD**  
**TUESDAYS 3:05 - 4:20PM**  
**YEARS 1 - 6**

**CLUBS RUN 18TH APRIL - 18TH JULY 2023**  
**TOTAL COST: £104 / 13-WEEK TERM**

The  
**Outdoors**  
Project

**MORE INFO & BOOK: [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)**

HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - WEEKEND CLUBS

OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED



## Child Pedestrian Trainer



The Child Road Safety Training Team is looking for a trainer to join our existing child pedestrian trainers to train Primary children in vital road safety skills. You will be working with year 3 children, in schools across Brighton & Hove. The training consists of practical roadside training, and you will be involved in taking out small groups of children and teaching them skills that will equip them to cross the road safely in preparation for future independent travel.

The main requirements are good communication, timekeeping and organisational skills. Have an understanding of pedestrian safety and traffic awareness, and the ability to work effectively as a member of a team with children and adults.

Work is 30 hours per week during school term-times only.

Salary is pro-rotta.

For an informal discussion please call Emily Tester, Road Safety Training Manager, on 01273 293847

Closing date: Midnight on 2 April

Interview: 12 April

To apply: [www.brighton-hove.gov.uk/jobs/job-details?job\\_id=29397](http://www.brighton-hove.gov.uk/jobs/job-details?job_id=29397)

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# 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.







## 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

Compass Travel

The Big Lemon

  
HM Government

  
Brighton & Hove  
City Council



# Better by Bus



# Easter

## HAF 2023



The Holiday Activities and Food (HAF) programme offers FREE enriching activities throughout the school Easter holidays.

From playschemes and holiday camps, to family activities, all activities include a FREE nutritious meal.

There's something fun for everyone, from sports, arts, drama, cooking, days out and more.

**HAF** is for school-aged children from Reception to Year 11 who receive benefits-related free school meals.

**Availability is limited, so please book early!**



For more information  
and to see what's on go to:  
[www.brighton-hove.gov.uk/HAF](http://www.brighton-hove.gov.uk/HAF)



Department  
for Education



Brighton & Hove  
City Council

# Free Activity and Food

Time: 9am - 3pm

Dates: April  
4th, 5th, 6th

Ages 7-11

West Blatchington Primary and  
Nursery School - Hangleton  
Way, Hove BN3 8BN



Healthy  
Lifestyles  
Team



# How to get in touch



For more information please contact:  
[oliver.lewry@brighton-hove.gov.uk](mailto:oliver.lewry@brighton-hove.gov.uk)

Learn more: [www.brighton-hove.gov.uk/haf](http://www.brighton-hove.gov.uk/haf)

Benefits-related free school meals



Healthy  
Lifestyles  
Team







# 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

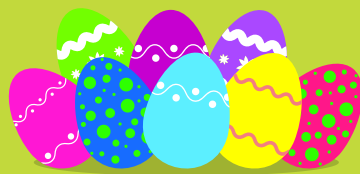
Contact us on 01273 256354 [info@activities4kids.co.uk](mailto:info@activities4kids.co.uk)  
[www.activities4kids.co.uk](http://www.activities4kids.co.uk)







**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)**

**Call: 07980 607139**

**FREE scholarships\***

**Book  
now**



**SCAN ME**



**\*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)



# HAF HOLIDAY ACTIVITIES & FOOD

**EASTER HOLIDAYS  
3TH - 14TH APRIL 2023**

**QUAYSIDE YOUTH CENTRE  
POUND HILL JUNIOR SCHOOL**

**OVER 50 ACTIVITIES,  
BOUNCY CASTLES,  
FUN GAMES, NERF WARS  
ARCHERY, TEAM SPORTS,  
...AND MORE!**



**HOLIDAY ACTIVITIES & FOOD  
LIMITED SPACES AVAILABLE**



# Holiday Clubs



## Bevendean School

(Open to children in Reception to Year 8 from any school)

### HAF: FREE SESSIONS

We have 20 free places per day for eligible children

These are government funded hours for all children in receipt of benefit related free school meals.

You must have a HAF ID number - please contact WSCC for further information

Please book under the HAF link on the booking site - you are eligible for 16 free hours over Christmas

### Meals

All meals include fruit, veggie sticks, yoghurts or a hot pudding. We can cater for all allergies and dietary requirements - just make sure you let us know in advance.

Menus can be found on our website

Meals are included for HAF children but can be booked as an add on for all other children



SCAN ME

### Holiday Clubs

#### EASTER

Main holiday club: Tuesday 11th April - Friday 14th April (not BH)

Football Camp: 12th April

Dance Camp: 13th April

HAF: 16 hours free childcare

12-16 years sports leadership: every morning

Activities include:

A range of sports, dance, gym, team games, arts and crafts, food making and more

BOOK ALL ACTIVITIES HERE:  
[www.activ8forkids.schoolipal.co.uk](http://www.activ8forkids.schoolipal.co.uk)







# Holiday Clubs

## Bevendean School

(Open to children in Reception to Year 8 from any school)

### HAF Price List

All children in receipt of benefit related free school meals, refugee families and some under Pupil Premium get up to 16 hours FREE childcare over the holidays

There is an option to book extra hours/sessions at the following prices:

8:30-12:30pm FREE  
Extra hour £3 per hour  
Extra afternoon 12:30-4pm £13

If you would like to book 2 full days rather than 4 mornings please email [debbie@activ8forkids.co.uk](mailto:debbie@activ8forkids.co.uk) and this can be booked for you.

Please book under the HAF link on the booking site and email your HAF code

### Main Holiday Clubs Price List

Please book under main holiday camp

8:30-12:30pm £13.50

12:30-4pm £13

Full day £24

Hot Lunch £3.75 (Free for HAF)

4-5:30pm £6

5% discount for every sibling - applied at the checkout.

We accept all childcare vouchers.



BOOK ALL ACTIVITIES HERE:

[www.activ8forkids.schoolipal.co.uk](http://www.activ8forkids.schoolipal.co.uk)

[hayley@activ8forkids.co.uk](mailto:hayley@activ8forkids.co.uk)





# Sports Leadership for 12-16 year olds

(Open to children in year 8-11 from any school)

## Bevendean School

Our sports leadership programme is an exciting programme designed to give young people the tools and experiences to develop their leadership skills. They follow a programme of activities and have the opportunity to lead sessions with younger children. All those who pass the course are awarded a certificate which can help them with employment or further education.

## Price List

All children in receipt of benefit related free school meals, refugee families and some under Pupil Premium get up to 16 hours FREE childcare over the holidays

Our sports leadership programme is open to all young people aged 12-16 years and runs 10:30-12:30 each day. These sessions are free for HAF or cost £6 for others. There is an option to purchase an early session 8:30-10:30am for £6.

All HAF young people get a hot meal included, for others these can be purchased at a cost of £3.75

## Clubs for younger children

We also have HAF and main clubs running for all younger children which allows siblings to come along together. The different age groups work in different areas of the school but come together for some sessions.



SCAN ME

BOOK ALL ACTIVITIES HERE:

[www.activ8forkids.schoolipal.co.uk](http://www.activ8forkids.schoolipal.co.uk)

[hayley@activ8forkids.co.uk](mailto:hayley@activ8forkids.co.uk)







# EASTER HOLIDAY CLUBS

27th March - 14th April  
Brighton & Hove

## CAMPFIRE COOK OUT

HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

## EASTER NERF

THE BUNNYNATOR & KIDS VS INSTRUCTORS

## SUPER MARIO DAY NEW!!

YOSHI EGGS & BOWSERS FURY

## THE BIG WILD EGG DAY

EGGSPLOSIVE EGG DROP CHALLENGE,  
A SPRING SCAVENGER HUNT, EASTER EGG HUNT

**TONNES OF LAUGHS & GAMES**  
AND THE KEY INGREDIENT EVERY DAY - FUN!

- ✓ 100% OUTDOORS
- ✓ BUILDING CONFIDENCE
- ✓ FLEXIBLE BOOKING
- ✓ MAKING FRIENDS
- ✓ ENERGETIC & ENGAGED STAFF
- ✓ CHILDCARE VOUCHERS ACCEPTED
- ✓ PHYSICAL ACTIVITY
- ✓ OFSTED REGISTERED

For more info on dates, locations and how the clubs run & to book:  
[WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK) or call 01273 933781



FOR PRIVATE SCHOOL DATES WE HAVE 1 ADDITIONAL WEEK AT HOVE PARK - VISIT OUR WEBSITE!



# EASTER HOLIDAY CLUBS

"Childcare during the holidays they want to go to"

### LANCING COLLEGE PREP (HOVE)

MON 3RD APRIL - EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

TUE 4TH APRIL - NEW - SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

WED 5TH APRIL - HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

THU 6TH APRIL - THE BIG WILD EGG DAY

TUE 11TH APRIL - EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

WED 12TH APRIL - NEW - SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

THU 13TH APRIL - HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

FRI 14TH APRIL - THE BIG WILD EGG DAY

### COTTESMORE ST. MARY'S PRIMARY SCHOOL

MON 3RD APRIL - THE BIG WILD EGG DAY

TUESDAY 4TH APRIL - HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

WED 5TH APRIL - EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

THU 6TH APRIL - NEW - SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

TUE 11TH APRIL - THE BIG WILD EGG DAY

WED 12TH APRIL - HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

THU 13TH APRIL - EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

FRI 14TH APRIL - NEW - SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

- ✓ 100% OUTDOORS
- ✓ BUILDING CONFIDENCE
- ✓ FLEXIBLE BOOKING
- ✓ MAKING FRIENDS
- ✓ ENERGETIC & ENGAGED STAFF
- ✓ CHILDCARE VOUCHERS ACCEPTED
- ✓ PHYSICAL ACTIVITY
- ✓ OFSTED REGISTERED

FOR MORE INFO ON DATES, LOCATIONS AND HOW THE CLUBS RUN & TO BOOK: [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)



"LOTS OF OLD-FASHIONED GET DIRTY PLAY!"  
★★★★★



"THIS CLUB IS CONSISTENTLY BRILLIANT"  
★★★★★







# Pied Piper Activities...



...creating wonderful childhood memories

## SUMMER HOLIDAY FUN

For 4-13 year olds across Brighton & Hove

Windlesham School

Hangleton Primary

Westdene School

Brighton College

- Roller racers & pedal go karts
- Forest school activities
- Camp Film
- Inflatable Obstacle Course
- Challenge Room
- Mini Olympics
- Swimming/water slides
- ZorbFootball/Tag Archery
- Art & Crafts

Lots of active fun with friends, boosting physical and mental well-being as well as personal development and confidence

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

'I just wanted to say how much they had enjoyed themselves. It was their third year of spending a week at Pied Piper and it gets better every year.'





# 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**

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





## 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](mailto: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

[2023 at 12:30 | Eventbrite](#)

[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 | 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.

## 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

Brand Vaughan  
are proud to be  
partnered with  
West Hove Infant  
School and Hove  
Junior School.

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