



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



Hove Learning Federation Holland Road Newsletter



Friday 31st March 2023

Dear Families,

Over the Spring term myself and the SLT team have had the pleasure of being in EYFS and Y1 classes teaching reading in small groups as part of the 'Little Wandle' reading groups. It has been wonderful to watch and be a part of the children's progress across the term and see their love of reading develop.

We have also enjoyed seeing the many fabulous finishes the children have experienced to celebrate the end of each topic and the dynamic energy of the teachers in organising these experiences and learning.

After Easter, we will begin our new topics and at the junior school, we will see the return of our whole school topic which is called 'Let the Adventure Begin!' We finish the end of term with our Easter discos organised by the PTA, and look forward to seeing you return after Easter on Monday 17th April.

Parents/Carers Consultation Feedback survey

Thank you for participating in our recent survey. Please see highlights below:

98% of families said my child feels safe at school.

98% of families said my child is happy at school.

92% of families said the school lets me know how my child is doing.

95% of families said the teacher knows my child well.

93% of families said the school makes them aware of what my child will learn during the academic year.

93% of families said there is a good range of subjects available at the school.

90% of families said their child can take part in clubs and activities at the school.



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

31st March - Last day of term

17th April - First day back at school

3rd - 5th May - Y4 PGL Trip

8th May - Bank Holiday

9th - 12th May - Y6 SATs

11th May - Reception Paradise Park trip

23rd May - Online Safety Webinar



Visit from Dr Marc Abrahams

Year 3, 4 and 5 pupils were lucky enough to have a visit from Dr Marc Abrahams, a truly inspirational local Brightonian. Marc is a vet, author, animal welfare campaigner, and has just been awarded the OBE for Services to Animal Welfare. He spoke to the pupils about his role as a vet, animal empathy and about the various animal welfare campaigns that he works on. The pupils and adults found the talks fascinating and we would all like to say a big thank you to Marc for taking time out of his very busy schedule to talk to us.

Maggie and Harry (Year 5):

We learnt many things about being a vet and how fun it is. Marc not only taught us a lot but did it in an exciting, fun and educating way. Marc showed us lots of tools, told us lots of facts and taught us about what they do to calm animals down before they operate.



Cricket festival at BACA

On 20th March, the year 5 and 6 girls had a great morning practicing their cricket skills and technique at the Brighton and Hove schools cricket festival held at Brighton Aldridge Community Academy. The girls showed great team work, skill and perseverance!

The organisers will be sending round more information regarding local teams and opportunities to get involved in cricket outside of school soon. Look out for lots more cricket events coming up in the summer term!





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.

Supporting a child with anxiety

a course for parents/carers

Growing numbers of children are experiencing anxiety – affecting their mood, relationships and behaviour. It can be hard for parents/carers to know how to respond and provide effective support.

Help your child learn ways to manage worries

This short online course (2 x 90 minute sessions) covers what children and young people need most when anxiety takes hold, focusing on:

- The importance of empathy in supporting them
- Ways to help young people recognise and challenge negative, self-limiting beliefs
- Practical strategies to help manage anxiety

For dates, times and how to book visit www.adulteducation.brighton-hove.gov.uk or email AEH@brighton-hove.gov.uk or call 01273 292828



Courses are **free** to anyone on a low income or in receipt of a means-tested benefit. A fee of £15 applies otherwise.

Courses are run separately for parents/carers of children aged 4-11 and 11-18.



Building a child's resilience

a course for parents/carers

Many children and young people lack the confidence to try new challenges, avoiding new things because they're unfamiliar. It may seem they're missing out on opportunities.

Help your child build self-esteem to overcome challenges

This short online course (2 x 90 minute sessions) supports parents/carers with strategies to build a young person's resilience. It looks at ways to:

- Help young people realise what they're capable of
- Encourage their autonomy to increase confidence
- Guide them in moving forward by taking safe, considered risks
- Help them express emotions in ways that are healthy

For dates, times and how to book visit www.adulteducation.brighton-hove.gov.uk or email AEH@brighton-hove.gov.uk or call 01273 292828



Courses are **free** to anyone on a low income or in receipt of a means-tested benefit. A fee of £15 applies otherwise.

Courses are run separately for parents/carers of children aged 4-11 and 11-18.



Hangleton & Knoll Parent/Carer Group

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

COFFEE MORNING



Tips and tools to manage
emotions such as anxiety,
depression, and anger.
This session will be led by
psychotherapist and
hypnotherapist Lara Tozer,
who will finish with a short,
guided relaxation session.

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

Tuesday April 18th
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.



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



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 18:30-19:30 |
| Thursday | CENTRAL BRIGHTON St Mary Magdalen's Primary School 17:00-19:00 | |

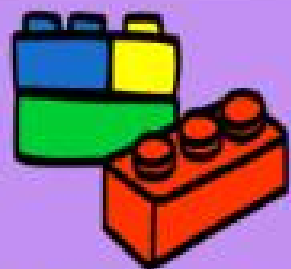
12-week BeeZee Families courses starting in Brighton and Hove from the 8th of May



BeeZee Families

www.beezeebodies.com/families 01273 041397





Toy Quest

Save Our Toys!



An interactive performance for children from Bigfoot Arts Education
Join us to celebrate the re-launch of our Toy Library.

**Free
Drop In**



**Performances
1 hour approx**

SPECIAL RELAUNCH EVENT Whitehawk Library Tuesday 4th April,
with performances at 10:30am and 2:30pm

Plus performances at the following community libraries:

Whitehawk library Wednesday 5th April 10:30am

Coldean library Wednesday 5th April 2:30pm

Patcham library Thursday 6th April 10:30am

Portslade library Tuesday 11th April 10:30am

Hove library Tuesday 11th April 2:30pm

Moulsecoomb library Wednesday 12th April 10:30am

Rottingdean library Wednesday 12th April 2:30pm

Jubilee library Thursday 13th April 10:30am

Hangleton library Thursday 13th April 2:30pm

**Find our toy library collection at
Whitehawk, Coldean and Portslade libraries**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**





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

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

brand
vaughan

Sell or let your property with Brand Vaughan and receive
20% off our standard selling or lettings fee.

Each time you sell or let your property through Brand Vaughan, West Hove Junior School will receive **10%** of the referred selling or letting fee.

Our partnership with West Hove Junior school, not only benefits you, but also benefits your children's school.

Speak to our team today, we offer free, no obligation valuations.

Use code **WESTHOVEBV20** to claim your
20% discount.



Sales

Jimmy Atkins
01273 22 11 02



Lettings

Jenna Miles
01273 22 11 01