



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

Hove Learning Federation Holland Road Newsletter

Friday 12 May 2023

Dear Families,

A huge thank you to our fabulous art team, staff and parent volunteers who helped to make our big build, and who joined us for another fantastic celebration to mark the start of the children's parade. It was wonderful to walk all together as a federation with our year two and three pupils who were incredible on Sunday. Thank you for all your cheers, waves and shout outs along the streets of Brighton.



We would also like to say a huge well done to our brilliant year six and year two pupils and staff teams across all of our sites this week for all their hard work during SATs tests. The pupils and staff have worked incredibly hard over the last two terms and we are always so proud of them.

Modeshift Stars Bronze Accreditation

Congratulations to our travel team and School Council for all their hard work this academic year in gaining the Bronze Award for all of our travel work across the sites. We will be working hard to achieve the silver status next year.



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

West Hove Infant School

hollandroadenquiries@hovejun.brighton-hove.sch.uk

01273 916707

Hove Junior School

hollandroadenquiries@hovejun.brighton-hove.sch.uk

01273 916707

Hove Junior School Inclusion Team

inclusionteam@hovejun.brighton-hove.sch.uk

01273 916609

Best wishes,

Maddie Southern and Lorna Cummings

Diary Dates

23rd May - Online Safety Webinar

29th May - 2nd June - Half Term holiday

5th June - INSET Day

6th June - First day back to school

23rd June - Juniors Class Photos



Year 4 trip to play beach tennis



The year four children who came along to play beach tennis had a fantastic day learning a new sport and having fun in the sand. Everyone showed great energy and enthusiasm and picked up lots of new skills- plenty of future beach tennis players in the making! We then had lunch by the sea and a little competition sketching the West Pier. The sun shone for us all day and it was a perfect trip out to the beach!

If your child is interested in getting involved in Beach Tennis- click here to find out more about junior coaching at the club...
<https://www.beachtennisbrighton.co.uk/juniors>



Year 3 and 4 Tri Golf Festival at Blatchington Mill



On Tuesday afternoon, we took ten children up to Blatchington Mill secondary school for a Tri Golf Festival. For lots of the children, it was their first time out representing the school at a sporting event and their first experience of Golf. It was a fabulous afternoon with lots of fun challenges set and run by the Blatchington Mill sports leaders (lots of familiar ex Hove Junior pupils too!). Nine schools from the local area took part to compete against each other in the challenges to win the highest number of points. Everyone had a great time and left with a host of new skills and a passion for a brand new sport.





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/carers of a child with
additional needs and/or a disability?

COFFEE MORNING



Learn about development of the
city's Adult Autism Strategy with
Lorne Power. This coffee morning
is specifically for parents of autistic
children without a learning disability
or who are themselves on the
autism spectrum.

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

Tuesday May 16th

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

WORKSHOPS FOR PARENTS/CARERS SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



16TH MAY

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

5 WORKSHOPS AVAILABLE COVERING:

- › Anxiety
- › Sleep
- › Managing self-harm and suicidal thoughts
- › Autism and challenging behaviour
- › Eating disorders

Workshops will be delivered on
16TH MAY AT 9:30AM, 12:30PM AND 7PM

Workshops last 90 minutes and have a 15 minute
Q&A session (pre-sent questions only)

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

<https://bit.ly/3LvABw5>
<https://bit.ly/3LvABw5>

FREE DIGITAL GOODY
BAG OF RESOURCES
AND INFORMATION FOR
EACH ATTENDEE

NEED TO GET IN TOUCH?

If you have any questions, please email: Melissa.Baitmansour@spft.nhs.uk
Melissa.Baitmansour@spft.nhs.uk

Delivered by [Sussex Child & Adolescent Mental Health Services \(CAMHS\)](#)

INSIDERS' GUIDE TO ADHD

**For parent carers of children
and young people with ADHD
in Brighton & Hove**

A FREE course for parent carers with a child or young person, under 18, who has been diagnosed with ADHD.

The Insiders' Guide covers things like understanding ADHD, survival tips, some practical ideas to help at home or school, tips to handle tricky meetings and lots more. It's also a great way to get together with others having similar experiences.

The 5-week course is run by an Amaze worker and a parent carer with lived experience

'I've come away with new friends and a new support group. Thank you so much Amaze for providing this valuable opportunity, it really was brilliant.'

**Fridays, 10am to 1pm
28 Apr, and 5, 12, 19, 26 May 2023**

**At Community Base - SW3
113 Queens Rd, Brighton BN1 3XG**

Arrive from 9.45am for tea
and coffee



NHS Sussex teams in Brighton & Hove and East Sussex commission
Amaze to coordinate this service for our local parent carers



**To book, please complete
this registration form**

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



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TAKEPART Festival is back this Summer – get involved



After a few years off, [TAKEPART Festival of Sport & Activity](#) is back this summer and we're looking for local sports clubs and activity groups to get involved.

TAKEPART is an award-winning free festival celebrating community sport, dance, exercise and physical activity. This year it's running from Saturday 17 until Sunday 25 June.

It showcases the great opportunities for people of all ages and abilities and across all areas of the city to lead healthy and active lifestyles. It's an easy way for people to try out activities and find out more about what's available for them.

Help people discover the activities you offer

If you provide local dance, sport, fitness, cycling, walking, or any other activities that help people get out and move more, we'd like you to be a part of this year's event. We are looking for clubs, groups, gyms, instructors and any other organisations who want to help people to be active in Brighton & Hove.

Register now to be part of the festival

[Applications are open until Monday 20 March 2023](#) for organisations interested in getting involved in this year's TAKEPART Festival.

Being part of the festival is a fantastic opportunity for you to:

- raise the profile of your organisation
- promote the opportunities you provide in the city
- increase your membership
- link with local schools and colleges, as well as other local organisations and groups
- find new coaches and volunteers
- support a city-wide initiative to get people moving more and live healthier lifestyles

Find out more

[Look at the TAKEPART web pages](#)

Call the Healthy Lifestyles team on 01273 294589



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.



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