



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



Hove Learning Federation School/Portland Road Newsletter



Friday 16 June 2023

Dear Families,

As we start our final half term and the academic year draws to a close, we move into a period of transition at school. Our Year 6 children are now fully immersed in their end of year productions, and we have planned a variety of celebrations to mark them leaving primary school. Our Year 2's will also be transitioning to the junior school on both sites, and we will continue to endeavour in making this experience as smooth and consistent as we can. We always provide enhanced transitions for those pupils we have identified as needing it, in all year groups. However, if you have any further questions for our inclusion and pastoral team about transition, please email the school on the contacts below.

The juniors are looking forward to sports week, and we have such a wide range of exciting opportunities to offer the pupils throughout the week, which are detailed later in the newsletter. We were incredibly lucky to have Joe Wicks visiting us at Portland Road in the last week of last half term and he was an inspirational speaker with the children, offering them real insight into his physical and wellbeing life journey. It was such a memorable experience performing the workout all together with Holland Road joining us as well, and we look forward to sharing more memorable experiences over the last few weeks of term, please see Diary Dates below.

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
01273 733386



Hove Junior School
portlandroadenquiries@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 Ben Massey

Diary Dates

23rd June - Infants Biodiversity After School Event

27th June - Juniors Sports Day - Wish Park - Years
3/4 morning, Years 5/6 afternoon

28th June - Y5 Big School Camp at Hove Park
School

1st July - School Road Infants Summer Fair

3rd - 6th July - Y6 Blacklands Farm Trip

4th July - Y1/Y2 Sports Day - Wish Park

14th July - Portland Road Juniors Summer Fair

17th July - Y6 dress rehearsal and evening
productions

19th July - Juniors open afternoon and art gallery

20th July - Y6 Silent Disco



The Body Coach comes to Hove Junior School

On Friday 26th May, as part of his 12-stop UK schools' tour, Joe Wicks MBE visited Hove Junior School. Over 24,000 schools applied to have The Body Coach attend their school and only 12 schools were lucky enough to be chosen across the whole of the United Kingdom.



During his visit, all pupils at Portland Road were able to take part in a HIIT workout with the fitness coach and well-known author, before enjoying a 20-minute Q and A session. More than 500 pupils (plus teachers!) took part exercising with Joe and discovered the benefits that exercising has on both our mental and physical health.



The pupils had a fantastic time meeting and exercising with Joe Wicks. A huge thank you to Miss Hudson for winning the competition and bringing Joe to Hove Juniors.



Year 5 & 6 Choir Performance

The year 5 and 6 choir amazed during our singing assembly on the 6th June with a pre-recorded rendition of Harry Styles' 'As It Was' before surprising their year 5 and 6 audience with a flash mob to Rick Astley's 'Never Gonna Give You Up'.

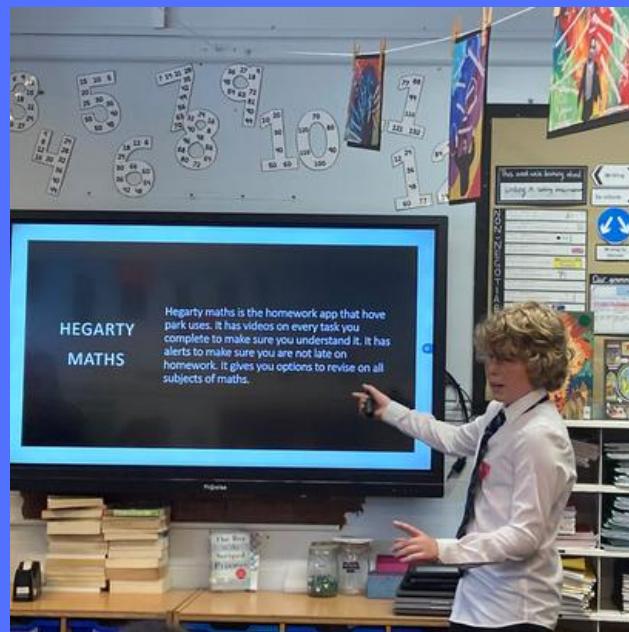
The choir runs on children's ideas and they wanted to 'rickroll' their peers and teachers. They created a choreographed dance to accompany the song and even convinced some teachers to take part in the performance!

A huge well done to all involved, they were fantastic!



Year 6 Visit from Hove Park School

This week, Year 6 were lucky enough to take part in a maths lesson taught by some wonderful students from Hove Park. The peer tutors taught a superb lesson that provided the children with a fun, engaging carousel of maths activities that challenged them and introduced them to what maths will be like in secondary school. The tutors were truly inspirational and provided a great example to our current Year 6's as they prepare for life in secondary school!"



Sammie Aplin - Artist Visit Assembly

This week the local artist Sammie Aplin visited the juniors. We learnt all about her beach cleaning efforts during Art Week last half term and how she turns the litter she finds into beautiful works of art. Sammie has been able to travel around the world doing similar things, all while training to be a nurse in Brighton! We loved a chance to meet such an inspiring person and show her some of our excellent work.



LOCAL ARTIST: Sammie Alpin

Finally check out local artist Sammie Aplin. She is combining working as a sister on the Acute ward at Royal Sussex Hospital with scouring the local beach every day for plastic waste to make art.

Currently studying a module from a Masters degree in Nursing at the University of Brighton, Sammie began to do her daily beach clean just before the first lockdown in early 2020, and then began to turn her finds into rainbow-hued collage art works. Sammie chose the rainbow theme to reflect Brighton & Hove's vibrant LGBTQ+ community, as well as a reference to her work with the NHS.

At first, Sammie only shared her art creations with friends and family, but as word spread she now has a waiting list of customers via her Instagram page – which she hopes will inspire others to join her daily efforts to remove plastic waste from the Brighton and Hove seashore.



PE Update

Racket festival at Withdean Freedom sport centre 6.6.23

Year 3 and 4 had a great afternoon practicing their skills at Withdean Stadium this week. The children showed team work, skill and perseverance throughout! They were all so enthusiastic about sport and physical activity and represented our school beautifully. The afternoon was led by some fantastic sports leaders at BHASVIC as well as coaches from Freedom Leisure Tennis Academy, Brighton Squash Club and Badminton England. The children complete a circuit of tennis skills, squash, basketball, hockey, and netball just to name a few. They all received a certificate and a determination award was given to Andrei! He really persevered during the squash session.

Well done everyone who took part!



National School Sports Week Monday 19 to Sunday 25 June 2023

Make the #PledgeToPlay today and commit to getting children and young people in your care active for a minimum of 60 minutes a day during National School Sports Week. Once you pledge, you will be given access to a range of supporting materials and resources to help you achieve your active minutes as a family. Our resources are tailored to suit all age ranges.

Don't forget to encourage your young people's school(s) to make the pledge too. Schools can also sign-up to Sports Slam with our campaign partners Sports Direct and be in with a chance to WIN a bumper Sports Slam equipment pack full of sporty goodies to restock and revamp their PE department.

And remember to play for fun, play for 60!

For disabled young people, the Chief Medical Officers' recommendation is for a minimum of 20 minutes of physical activity every day, including strength and balance activity three times a week.

You can find how to make your pledge here:
<https://www.youthsporttrust.org/nssw-pledge>

PE Update

Cricket Competition at Preston Park 7.6.23

The year 5 and 6 boys played against other local schools. It was a day filled with cart wheeling stumps, almighty slogs and sensational sixes.

To end of the day, we had the chance to play against the children from Holland Road site, and it became an exhibition of sportsmanship and friendship.

Here are some quotes from the children that came to the event:

Max said ' It's been great fun'

Sebbie ' Really fun day and great to know more about cricket and how fun it is'

Emmanuel 'I understand cricket more now and it's been nice'

Max ' fun, enjoyable, great weather, I liked playing with my friends'

Ben ' playing with other schools and socialising, coach my friends into cricket.'



PE Update

School kids to swim for free at Saltdean Lido

Brighton and Hove school children under the age of 18 will be able to swim for free at Saltdean Lido this summer.

The lido has partnered with Brighton and Hove City Council to provide a voucher scheme for those registered for full-time education in the city.

The vouchers can be picked up from schools (we have requested vouchers and are waiting for them to arrive), or at the Saltdean Lido reception, and can be used until 31 August 2023.

The vouchers are available for all general, family and half-day lido sessions, but they cannot be used when booking online.

Sports Week

We are excited to announce our plans for an extended Sports Week to take place on the week commencing 26th June. For the sports days, we have booked Wish Park on the 27th of June and will be allowing spectators, as we have in previous years.

Please ensure that your child attends school in their PE kit for their sports day and extra activities. On sports days, please provide your child with a packed lunch to eat at the park. If you are able to help us walk to the park, please let your child's class teacher know.

The timetable for the day will be as follows:

	Time
Year 3 and 4	AM (9.30-12.30)
Year 5 and 6	PM (13.00-15.00)

Alternative Dates




In the event of extreme weather, the sports days will be postponed for the following week, Tuesday 4th July.

PE Update

Further Sporting Activities

In addition, the children in different year groups will take part in range of different sporting activities. These sessions and trips have been arranged outside of Sports Week due to spacing limitations.

The additional dates will be as follows:

Who?	What?	When?
Year 3 – Paralympic Sports Workshops 	Albion in the Community will be delivering a range of Paralympics sports such as football, developing a variety of skills and games.	Wednesday 28 th June
Year 4 – Yellowwave Trip 	Yellowwave coaches will lead beach volleyball sessions and children will part in creative activities linked to the environment including a beach clean.	Thursday 29 th June
Year 5 – Ultimate Frisbee with Sportscool coaches 	Sportscool coaches will deliver a session on Ultimate Frisbee, challenging and fun!	Monday 26 th June

If you have any questions about Sports Week or these events, please feel free to ask your child's class teacher or Miss Anglada

Withdean Athletics

On Thursday 22 June 2023, some children at Hove Juniors will be taken part in the Primary School Withdean Athletics Competition.

Children from Year 4, 5 and 6, have been selected and will have the opportunity to compete in different event such as Vortex throwing, standing long jump, relay races etc.

Unfortunately due to stadium capacity and safeguarding at the Withdean Athletics, there will be no spectators allowed at the event. We will need a few parents to help during the event and for the journey back to school. Please let Miss Anglada or the office know on the slip in the letter if you are available to support with this.



Come and celebrate the exciting art-work of some of the refugee children in our city. Two children from Portland Road have their art work in this exhibition!

Sat 24th June- 6th July.

The community space,
Jubilee Library, Brighton.

BN1 1GE



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

Come and meet other families in a similar
situation at one of our coffee mornings.

No need to have a diagnosis, no need to
book, we are a friendly group, just turn up.

St Richards Community Centre
Egmont Rd
Hove BN3 7FP

Tuesday 20th June

9.30am - 10am

Time for a cuppa and a chat with other parent/carers

10am - 11am

'SLEEP' is the theme with Specialist Sleep Practitioner, Nickie Sutton from Peak Sleep. She will talk about why the normal sleep advice you've been given doesn't work for children and young people with additional needs.

We will also look at practical strategies to help your child sleep better.

11am - 11.30am

Questions and clear up



WANT TO KNOW MORE?

CONTACT ONE OF OUR PARENT VOLUNTEERS

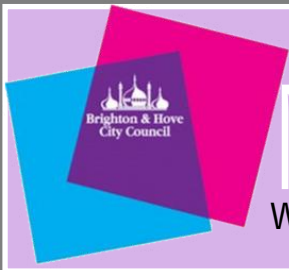
LOUISE 01273 905549 / 07990728830

RHIANYDD 01273 733126 / 07897533007



**The Hangleton
& Knoll Project**

Working for a better community.



MHST newsletter: Transition

Welcome to this edition of the MHST newsletter!

Psychoeducation



We wanted to dedicate this newsletter to the transition from primary to secondary school, as we know that this change can be an exciting time, but also a little bit scary for some. Children don't know what to expect, whether they will easily make new friends and whether they will like it there. Secondary schools are typically a lot larger than primary schools, there are new teachers, new classrooms and new subjects to study. All the unknowns might lead to worries, for example worries about getting lost, being late, detentions, homework, losing old friends, being with older peers... Or your child might feel sad about leaving their old school behind, where they had good friends, liked their teachers and had a good time over the years. Whatever the reasons, transition is easier when we talk about what to expect. We wanted to reach out to all of you who might have a child who is struggling with the prospect of transitioning to secondary school, offer you some tips and strategies so that you, as a parent, can help your child through this time.

Visiting the school and getting an idea of the environment can help put your child at ease on the first day. Open days and orientation evenings are also a great chance to meet others who will be in the same situation. Maybe go on the bus together even if you usually drive.

Maintaining friendships and making new friends over the summer is bound to be helpful, as they'll likely only know a handful of people beforehand. For example, get them involved in community activities or holiday clubs.

Schedules and timetables will vary from day to day, and children are responsible for their own homework schedule. It might be helpful to offer your child more opportunities to plan their own schedules and be in control of this during the lead up to the transition.

To prepare for the increased homework demands, it is useful to set aside an area at home where they can focus and concentrate. Homework levels will increase at secondary school, so there may need to be a good balance between social activities, clubs, etc.

Managing independence becomes more important during the secondary school period. Your child may walk to school alone, or want to meet their new friends for parties. Why not sit down with your child and decide on the ground rules; think curfews, parties, and dating...

Top Tips



Strategies



Reframe the what ifs

what if i fail?

what if i excel?

what if i go and have a terrible time?

what if i'll have the time of my life?

what if none of this is worth it?

what if i can create my own purpose?

what if they'll hate me?

what if they'll be my new friends?

what if i'll never be good enough?

what if i already am?

what if i never achieve this goal?

what if trying my best is good enough?

Worry management

Sometimes children really struggle to manage all the worries they have going round in their heads. They might be thinking of “what if...” questions that focus on the things that might go wrong. One way to help your child is to ask whether there is anything they can do to solve the worry. For example, if they worry they will get lost on the way to their new school, you can practice the route together, until they feel confident they know it. However, sometimes there are worries that do not have any concrete solution, or you’ve already put plans in place to address the worry. If this is the case, it is not helpful to keep thinking about it, (this won’t solve the situation or make anything better, in fact it often tends to do the opposite)! For example, if they worry about being in a class with people they don’t know, thinking won’t change anything, as that is out of their control. Therefore, it might be more helpful to let the worry go, and move the focus to other things, such as reading a book, playing a game or anything fun to distract. We know that the mind isn’t that good at doing two things at once, so once we occupy it with something else, the worries are bound to drift into the background.

Seeing the other side

The other thing our minds aren’t so good at, is seeing the positives. We’re evolutionarily programmed to be aware of danger and things that might go wrong, as this helps us prepare and deal with those situations. However, in the case of worrying, this isn’t always helpful, and we can counter this tendency, by encouraging our children to see the other side of the coin. Instead of thinking of the things that can go wrong, you can encourage them to think about how things might work out. It might be helpful to ask questions that help them reflect on times in the past where they have managed things well.

Other helpful resources

Young Minds Top Ten Tips: <https://www.youngminds.org.uk/media/20djlktz/top-ten-tips-for-parents.pdf>

Booklet for parent from Anna Freud: <https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>

Transitioning to Secondary School – BBC Bitesize:

<https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>

For further support in Brighton and Hove:

Mental Health Support Team: can offer one to one or group intervention for children and teens with low mood. Please contact your school SENCO or Jaki Watkins: jaki.watkins@brighton-hove.gov.uk

Schools Wellbeing Service: can offer consultation and advice from Primary Mental Health Workers. Please email swsconsultationline@brighton-hove.gov.uk to organise an appointment.

Community Wellbeing Service: can offer one to one and group intervention for mild to moderate mental health difficulties. Please visit www.brightonandhove wellbeing.org for further information.

CAMHS: can offer intervention, assessments, and support for moderate to severe mental health difficulties. Please visit www.sussexcamhs.nhs.uk for further information.

Signposting

Helpful Apps:



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Free



Catch It

Learn to manage negative thoughts and look at problems differently

Free



ThinkNinja

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health

Free during the coronavirus (COVID-19) crisis



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.



Fun workshops
for girls aged
6-15 and their
mothers or other
female guardians

Mothers & daughters confidence circles

Various Brighton
and Hove venues
with one-off
workshops or
courses

Helping girls and women feel happy, healthy,
confident and safe in their bodies.

With Claudine Nightingill-Rane

Well-being, confidence and body image coach for mums and daughters



As mums, we want to ensure confidence, self-compassion, and solid self-esteem for our girls. Building resilience against the pressures they will face as they grow up, to look and be a certain way, from social media, peers, diet and beauty culture, to help them know they are good enough



Join me and my daughter (for the younger age groups) - along with a small group of mums and girls for workshops with age-appropriate activities, discussions and games.



You'll both leave the informative, relaxed sessions feeling a new sense of appreciation for yourselves and each other.

Refreshments and crafting supplies are included.

To book search Eventbrite: "Mothers and Daughters Circles"
[www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-](http://www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-1919219)

[1919219](http://www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-1919219)

[for more info and FAQs:](#)



HAF SUMMER DRAMA CLUB 2023

Drinks, snacks and hot lunch included

FREE!

STAGE STOMPERS

Ages 7-11 (KS2)

Where?

31st July - 4th August

Hangleton Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3720>

7th -11th August

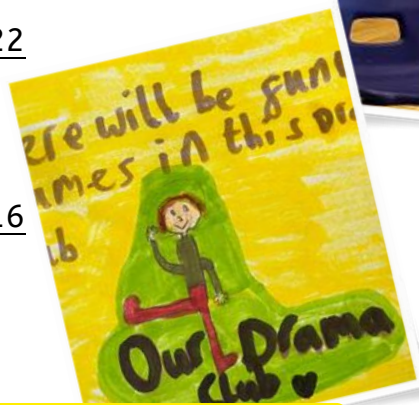
Whitehawk Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3722>

14th - 25th August

Jubilee Library 9-3

BOOK HERE - <https://eequ.org/experience/3716>



At Stage Stompers children will play, explore drama skills and take part in fun activities. They will explore being storytellers and how to stage simple tales. Each day they will have a visit from a special workshop leader to teach a new drama skill eg puppetry, dance and movement or music to keep things really exciting and varied.





HAF SUMMER DRAMA CLUB 2023

FREE!

Drinks, snacks and hot lunch included

LITTLE YETIS

Ages 5-7 (KS1)

Where?

7th -11th August

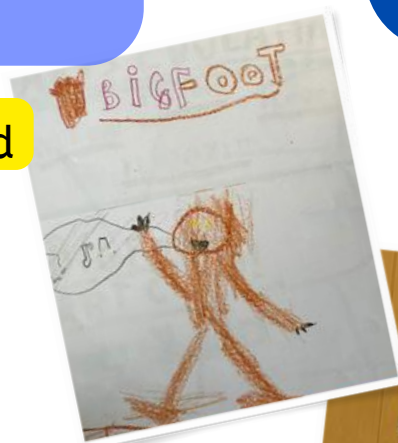
Whitehawk Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3721>

14th - 25th August

Jubilee Library 9-3

BOOK HERE - <https://eequ.org/experience/3521>



At Little Yetis children will play, explore drama skills and take part in fun activities. They will explore being storytellers and how to stage simple tales. Each day they will have a visit from a special workshop leader to teach a new drama skill eg puppetry, dance and movement or music to keep things really exciting and varied.



Free School Meals / Pupil Premium Funding

Dear Parents/Carers,

Your child may be entitled to **Free School Meals** if you are in receipt of any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

In addition, **Pupil Premium funding** is available to schools for all children that are in receipt of Free School Meals. It means that Hove Junior School can get extra money to support your child. For every child registered for Free School Meals the school receives £1,385 in Pupil Premium a year. With this money, we can improve maths, reading and writing, promote positive attitudes towards learning and provide quality of opportunity and equal access to school activities.

By completing an application you can make a difference to the amount of funding the school receives. Please help us to receive the money the school is entitled to by making an application <https://www.brighton-hove.gov.uk/contact-council/apply-free-school-meals> or download an application <https://www.brighton-hove.gov.uk/node/20866>. All applications are completely confidential.

If you would like to discuss this further, please contact the school office.

Yours sincerely,

Mrs Maddie Southern
Headteacher

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



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THROUGHOUT JULY

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Internet discount code JULY23

This offer is only valid on items purchased between 01/07/23 & 31/07/23

Cost of Living

For useful information on the Cost of Living crisis, please click on this link:

<https://www.which.co.uk/topic/cost-of-living>

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.

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01273 22 11 02



Lettings
Jenna Miles
01273 22 11 01