



WEST HOVE INFANT SCHOOL A family of friends



Friday 10th November 2023

Dear Families,

As always, it has been a busy couple of weeks in school! I hope you enjoy reading about some of the activities the children have been participating in further in this newsletter.

It has been fabulous to welcome so many parents and carers into school this week to meet with the class teachers. The teachers have expressed how wonderful it was to spend time getting to know the families better. We are committed to working in partnership with our families to ensure the best possible provision for the children. We therefore really value your feedback. We have sent out a survey link to all parent/carers via School Ping and ask that you please take the time to comment. If you were unable to attend your appointment or cannot make these times, please email the school stating your child's name and class and the class teacher will be in touch to arrange a time to meet with you.

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, Lorna Cummings

Diary Dates

14th November - Prospective parents and carers open day for Y2 parents/carers

1st December - PTA Christmas Fair w/c 4th & 11th December - Christmas Performances/Fab Finishes
15th December - Last Day of Term
2nd January - INSET Day

3rd January - First day back at school

Our Vision

We provide high-quality education to all pupils. This is realised through strong, shared values, policies and exceptional, inclusive practice.

We are a Family of Friends who LEARN together.

Important dates at Holland



Christmas Performance Dates

The children will performing their plays in the hall this year. There is no need to order tickets, but due to space restrictions we ask that a maximum of two adults attend for each child. Please arrive 10 minutes before your child's performance.

Details of the Christmas plays and other Christmas celebrations are as follows:

Infants

Performance Dates

Reception

Thursday 7th December 2.20pm

Years 1 & 2

Wednesday 6th December 9.10am Thursday 7th December 9.10am

Christmas Parties

Reception - Wednesday 13th December – Entertainment followed by a Christmas Party in the classroom.

Years 1 & 2 – Friday 15th December – Entertainment followed by a Christmas Party in the classroom.



<u>Juniors</u>

Performance Dates

Year 3 - Monday 11th December 2pm

Year 4 - Tuesday 12th December 2pm

Year 5 - Wednesday 13th December 2pm

Year 6 - Thursday 14th December 2pm



Infants and Juniors

<u>Christmas Dinner - Wednesday 13th December</u>

Please make your child's lunch choice, by Friday 24th November, via a separate School Ping sent on 6th November.

Christmas Fair

Please put **Friday 1st December** in your calendar for our School Christmas Fair – more details to follow from our PTA.

The children may wear their party clothes to school on Christmas Party Day (all children must wear regular school shoes only). In the afternoon the children have their Christmas Party in classrooms and hopefully, get a visit from Santa! We ask you to contribute food for the class party, a list will be displayed nearer the time outside your child's class. If your child has allergies to certain foods we ask that you bring their party food in a named lunch box. (N.B on party days, if your child normally has a packed lunch they will still need this).

Year 6 'States Day'

On Thursday 12th October, Year 6 enjoyed our 'States Day' to consolidate and extend their understanding of different states linked to our North America topic. We learnt about Hawaii and Texas in detail which included exploring different traditions, music, sports and intriguing facts. We also enjoyed sampling Hawaiian drinks packed with fruit grown in Hawaii & Texan nachos with salsa, guacamole and even optional jalapeños.



Year 6 'States Day'







Year 5 and 6 Girls football

On Friday the 3rd of November the girls' team had their first tournament which was held at Brighton University. Having never played together before, the girl's did us incredibly proud with their unfailing grit and determination. We played 6 matches in total- full of incredible tackles, saves, some excellent attacks and solid defending! We even had the chance to go head to head again Portland Road's girls team- the match was amazingly even and ended a 0-0 draw!

Our last match progressed on to penalties where we were ultimately beaten by our opponents, but this did not detract from a very positive afternoon of football, which the team seemed to thoroughly enjoy.

Well done to each of the players involved, they all did brilliantly! And thank you to the travelling fans (parents/carers) who made it down to cheer on the team.







Year 6 boy's football team news

Hove Junior School VS Windlesham Primary

Our year 6 boys had their debut match on Wednesday the 1st of November against Windlesham Primary. Conditions were tough- pre storm Ciarán! The boys, played fantastically together and showed an enormous amount of sportsmanship and encouragement for one another. There were two immense goals- one from Dylan H as he perfectly executed a shot on target after announcing to the crowd, 'top left corner' from a free kick. The second phenomenal goal came from Matt! There were exceptional saves, solid defending and some great attempts on goal. An exciting game of football was played by all!

Overall the boys lost 6-2 and are looking forward to their come back and next match in a few weeks' time!





Hove Junior School VS Windlesham Primary





Gold Award celebration event

We are delighted to announce that we have achieved the Gold Mark in 22-23!

On Tuesday 10th November, two year 6 pupils attended a celebration event with Miss Allum at the Sussex County Cricket Ground to receive our GOLD award for our contribution to the school games.

The Mayor of Brighton and Hove Councillor Jackie O'Quinn presented two of our year 6 pupils with our School Games Mark certificate. It was a great event, celebrating all of our sporting achievements over the past academic year.







AT HOVE LEARNING FEDERATION, WE CELEBRATE LANGUAGES

LANGUAGE OF THE MONTH

This month we are celebrating

BENGALI

Do you speak Bengali? Could you say the days of the week? Would you be able to teach your class how to say hello or how to count to four?



Monday. Shombar (সোমবার)

Tuesday. Mongolbar (মঙ্গলবার)

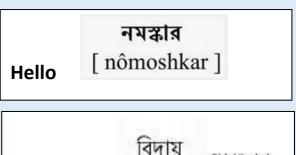
Wednesday. Budhbar (বুধবার)

Thursday. Brihoshpotibar (বৃহস্পতিবার)

Friday. Shukrobar (শুক্রবার)

Saturday. Shonibar (শনিবার)

Sunday. Robibar (রবিবার)



Bidai/Jachsi

Do you have any books in Bengali? We'd love to see them. Please bring them in to show your class (with your name in).

Goodbye



#HELLOYELLOW

ON TUESDAY 10TH OF OCTOBER ALL STAFF AND **PUPILS ACROSS THE FEDERATION WERE INVITED TO** COME TO SCHOOL DRESSED IN YELLOW. THIS **COULD HAVE BEEN ANYTHING FROM A SMALL** RIBBON IN THE HAIR, TO FULL HEAD TO TOE YELLOW CLOTHES! SO MANY PEOPLE JOINED IN - IT WAS LIKE A SEA OF SUNSHINE AL DAY LONG. IN **CLASS EVERYONE COMPLETED ACTIVITIES RELATED** TO BEING MENTALLY HEALTHY. THIS INCLUDED WRITING AFFIRMATIONS AND THEY CAME UP WITH SOME LOVELY IDEAS. SOME CLASSES ADDED THEM TO THEIR BIG PSHE BOOKS TO KEEP FOREVER. THE MONEY RAISED WILL GO TOWARDS MENTAL **HEALTH PROJECTS ACROSS THE FEDERATION -**MORE ON THIS TO COME IN THE FUTURE. THANKS SO MUCH FOR ALL OF YOUR SUPPORT.



















Thank you for making our Spooky Discos such a success, we saw some excellent dance moves and those lucky enough to win Pumpkins really did dance their socks off!

Look out for more sales and events happening Via School Ping and our Facebook page.

The PTA team





Children in Need Friday 17th November



Non Uniform Day at
West Hove Infant School and Hove Junior
School

Friday 17th November

is a Non Uniform Day for 'Children in Need'.

Children to wear something spotty (no fancy dress please), sensible shoes must to be worn.

All donations can be made directly to Children in Need by using the link below, or QR code in the next page.

https://donate.bbcchildreninneed.co.uk/



WE'RE RAISING MONEY FOR BBC CHILDREN IN NEED SCAN TO DONATE ONLINE





B B C CHILDREN IN NEED

BBC.CO.UK/CIN



all donations welcome - look out for more details soon



Each year, Impact Safety Net creates a calendar which is sent out to all school pupils as well as community groups across Brighton & Hove. The calendar is made up of pictures drawn by children.

This year we would like children to create a picture around the theme 'Find Your Voice'.



Include child's name, age and which school they go to

Email it as a high res PDF to ruth.davey@impact-initiatives.org.uk ruth.davey@impact-initiatives.org.uk

Or send in the post to the address: Impact Safety Net, Manor Offices, C/O Emmaus, Drove Road, Brighton BN41 2PA

Hangleton & Knoll Parent/Carer Group

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

FREE 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 21st November 23
9.30am - 10am
Drop in for a cuppa and a chat with other parent/carers

10am - 11am

Disability Living Allowance (DLA) and Personal Independent Payment (PIP).

A coffee morning and Q&A session with Lizzie Batten, Amaze DLA Project

Manager. What is your child is entitled to?when can you apply?

Join us to find out more about DLA and PIP

11am - 11.30am Last minute questions and clear up time





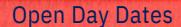
WANT TO KNOW MORE?
CONTACT ONE OF OUR PARENT VOLUNTEERS
LOUISE 01273 905549 / 07990728830
RHIANYDD 01273 733126 / 07897533007







Come & visit our Holland Road school community!



Thursday 19th October at 10.45

Tuesday 7th November at 10.45

Thursday 9th November at 10.45

Thursday 16th November at 5-6pm

If you would like to attend one (or more!) of these sessions, please call our office on 01273 733386 to reserve a space. Alternatively, you can email our office at hollandroadenquiries@hovejun.brighton-hove.sch.uk







'We can't wait to meet you!'

Find us online at www.westhoveinfants.co.uk. Find our school at Hove Infant and Junior School, Holland Road, Hove, BN3 1JY.



Is your child struggling to attend school?

We understand that some young people can find it challenging to attend school, for several reasons.

We would like to offer a space to meet with someone to share your concerns and look at how we can support you around this.

You would be able to meet with an attendance officer from the council along with someone from the Schools Mental Health Service, to explore what we can offer, and support the conversations with school.

We holding a number of sessions over the academic year:

Day 1

Date: Tuesday 10th October Time: 10.00 - 3.00 Daisy Room,

Venue: Moulsecoomb Family Hub on Hodshrove Lane, BN2 4SE

Day 2

Date: Monday 16th October Time: 10.00 – 3.00 Roundabout Children's

Venue: Centre, Whitehawk Road, BN2 5FL

Day 3

Date: 27th February Time: Venue: Moulescoomb Family Hub, 10.00 – 3.00

Hodshrove Lane, BN2 4SE

Day 4

Date: Monday 19th March Time: 10.00 – 3.00 Venue: Roundabout Children's

Centre, Whitehawk Road, BN2 5FL

Day 5

Date: Tuesday 4th June Time: Venue: Moulescoomb Family 10.00 – 3.00

Hub, Hodshrove Lane, BN2 4SE

Day 6

Date: Monday 10th June Time: 10.00 - 3.00 Venue: Roundabout Children's

Centre, Whitehawk Road, BN2 5FL

There will be an Education Adviser available between these times, along with a Family Support Worker from the Schools Mental Health Service between 10.00 and 1.00pm.

This is a drop in offer and there is no need to book an appointment.

Does your Child not like going to school?



NEED
SUPPORT
WITH YOUR
CHILD
OR WANT TO
MEET OTHER
PARENTS IN THE
SAME
SITUATION?



Wednesday 29th November

10-11.30

ALCAMPO LOUNGE—

EMOTIONALLY BASED SCHOOL AVOIDANCE.

Please contact

Sharyn.brazier@brighton-hove.gov.uk
OR jo.roeg@brighton-hove.gov.uk





webinars for parents/carers SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH

Each webinar will take place on Zoom at 10am and 7pm and will run for 90-120 minutes

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 19th October Attention Deficit Hyperactivity Disorder (ADHD) 8th
- November Building Self-Esteem and Resilience
- 13th December Depression
- 17th January Obsessive Compulsive Disorder (OCD)





Supported by Heads On and NHS Charities Together's Covid Appeal

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

https://ticketlab.co.uk/series/id/108 1/ Sussex-CAMHS-ParentCarer-Webinars#/

NEED TO GET IN TOUCH?

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

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)

Amaze Face 2 Face





For parents of children and young people with special educational needs and disabilities (SEND)

Amaze Face 2 Face runs the following in-person groups in Brighton & Hove:

Breakfast Club - for any parent carer of a child or young person with SEND monthly at Al Campo Lounge, London Road, Brighton BN1 4JF

Dads' Group - a monthly group just for dads

7.30 to 9pm, last Thurs of every month at Stoneham Pub, Hove BN3 5QJ

Multi-cultural coffee morning (with the Hangleton & Knoll Project) monthly at St Richards Community Centre, Egremont Road, Hove BN3 7FP

Cuppa, Cake & Chat, neurodevelopmental focus (Whitehawk)

first Tues of the month at St Cuthmans Church, Whitehawk Way, Brighton BN2 5HE

Portslade coffee morning (with Hillpark and Extratime schools)

monthly on Weds at Extratime, Portslade Village Centre, Portslade BN41 2LZ

Cuppa, Cake & Chat, neurodevelopmental focus (Woodingdean)

monthly at Parish Church of the Holy Cross, Downsway, Woodingdean BN2 6BD

16 - 25 group - for parent carers of young people aged 16 - 25

monthly at Mamma Mi, George Street, Hove BN3 3YB

These informal, friendly drop-in groups take place monthly and give you the chance meet other parent carers. Sometimes the groups will include sessions on SEND issues or conditions like autism and ADHD.

marie@amazesussex.org.uk

Dates and times may vary, so email <u>marie@amazesussex.org.uk</u> for the latest details of each group or follow the QR code for more information about Face 2 Face.

Brighton & Hove Parent Carers' Council (PaCC) also run regular coffee mornings for parent carers across the city. For details, visit https://paccbrighton.org.uk
https://paccbrighton.org.uk



For more info, email: marie@amazesussex.org.uk





MHST Workshops 2022-2023

One-off Parent Virtual Workshops 12:30pm-1:30pm

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 their anxieties about their new school 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.

6th June 2024 How to help your child transition to year 7 Tickets, Thu 6 Jun 2024 at 12:30 | Eventbrite

This workshop aims to support parents/ carers in understanding and responding to their children's strong emotions. These strong feelings might present as anger or disruptive behaviour. Within this 1-hour workshop, we hope to support parents in understanding what might be underlying children's behaviour, understanding what might be contributing to these big feelings, consider how adults can respond to support alternative behaviours, and learn general emotional regulation strategies for children.

Primary 07th December 2023 Emotional Regulation Workshop for parents/carers of PRIMARY age children Tickets, Thu 7 Dec 2023 at 12:30 | Eventbrite

Emotional Regulation

Ongoing Parent Sessions (4 weeks)



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 go-

ing 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.

There are not currently set dates for this programme. If you feel you would like to explore this option please speak to the SENCO at your child's school to refer to our service. It may be that we can offer this as a direct intervention or, if we receive appropriate referrals we will run as a group.

To learn more about our service offer please watch our video: https://youtu.be/-YWqFOGqehM



MHSTWorkshops 2023-2024

One-off Parent Virtual Workshops 12:30pm-1:30pm

Sleep

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 29 February 2024 Supporting your child with sleep difficulties Tickets, Thu 29 Feb 2024 at 12:30 | Eventbrite

Primary 4 July 2024 Sleep Workshop for parents/ carers of PRIMARY age children Tickets, Thu 4 Jul 2024 at 12:30 | 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.



Secondary 23rd November 2023 Helping young people with low mood - secondary age children Tickets, Thu 23 Nov 2023 at 12:30 | Eventbrite

Primary 1st February 2024 Low Mood Workshop for parents/ carers of PRIMARY age children Tickets, Thu 1 Feb 2024 at

12:30 |

Eventbrite

Secondary 16th May 2024 Supporting your child with low mood (SECONDARY aged children) Tickets, Thu 16 May 2024 at

12:30

Eventbrite

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.



th

<u>Secondary</u> 9November 2023 Anxiety Workshop for parents/ carers of SECONDARY age children Tickets, Thu 9 Nov 2023 at 12:30 | Eventbrite

Primary 18th January 2024 Supporting your child with anxiety (PRIMARY age children) Tickets, Thu 18 Jan 2024 at 12:30

Event-

Secondary 21st March 2024 (exam stress focus) How to help your child with exam stress. Tickets, Thu 21 Mar 2024 at 12:30 Eventbrite



Are you concerned about your child's mental health?



- Anxiety
- Low mood
- Difficulties regulating emotions
- Self esteem and confidence
- Sleep difficulties
- Fears and phobias
- Separation, loss and bereavement



Scan the QR code below to refer your concern to Hove Learning Federation's Mental Health Lead. Link also available on our school website.

https://www.westhoveinfants.co.uk/wp-content/uploads/sites/10/2023/03/Capture-1.png



Naomi Miller (Mental Health Lead) will contact you within a week of your referral.

New referrals will be discussed at half termly triage meetings and support allocated.

NB: If you have an urgent concern about a child's mental health please call 0300 304 0061 during office hours or 0300 5000 101 outside of office hours.



flu: 5 reasons

to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit www.nhs.uk/child-flu



Helping to protect children, every winter

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Book a call today for a free assessment and personalised plan for your child

- 1:1 or Group Tuition Available
- Maths Topic Checklist/Syllabus
- Bonus Interactive Video Lessons
- Targeted Quizzes
- Pre & Post Assessment Tasks

© Call Today 07848699164

Scan the QR Code to Learn More







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

GDPR Reminder

Please be advised that you can find out Privacy Notice on our website, click here to access the document

https://www.westhoveinfants.co.uk/wp-content/uploads/sites/10/2018/06/DPE-Model-Data-Privacy-Notice-Jan-2023.pdf



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 daim your 20% discount.



Sales
Jimmy Atkins
01273 22 11 02



Lettings Jenna Miles 01273 22 11 01