



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



Hove Learning Federation School/Portland Road Newsletter



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
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,
Ben Massey

Diary Dates

14th November - Junior School Open Day for prospective parents and carers Portland Road

20th November - Prospective parents and carers evening at Portland Road for Y2 parents/carers

27th November - Y6 SATs Workshop PR

w/c 4th Dec & 11th Dec - Christmas Performances/Fab Finishes

8th December - Flu Vaccinations at SR and PR

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 the Infants

The children will be 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.

Classes, Date and Time

Seahorses, Dolphins, Caterpillars & Grasshoppers

Thursday 7th December 9:30am (Reception Parents & Carers)

Thursday 7th December 10:40am (Year 1 Parents & Carers)

Turtles, Sealions, Bumblebees & Dragonflies

Monday 11th December 9:30am (Reception Parents & Carers)

Monday 11th December 10:40am (Year 1 Parents & Carers)

Lizards, Marmosets, Toucans & Treefrogs

Wednesday 13th December 9:15am (Lizards & Marmosets Parents & Carers)

Wednesday 13th December 10:30am (Toucans and Treefrogs Parents & Carers)

Christmas Dinner – Wednesday 6th December

Please make your child's lunch choice, by Friday 17th November, via a separate School Ping sent on 6th November.

Christmas Parties

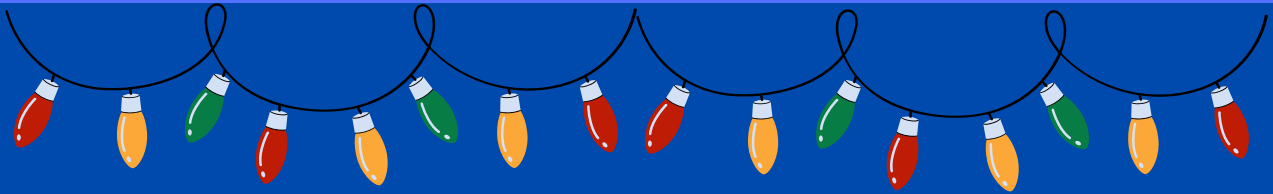
Reception Year - Tuesday 12th December – Entertainment followed by a Christmas Party in the classroom.

Years 1 & 2 – Thursday 14th December – Entertainment followed by a Christmas Party in the classroom.

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).



Important dates at the Juniors



Performance Dates

Monday 11th December 2pm – Year 3

Tuesday 12th December 2pm – Year 4

Wednesday 13th December 2pm – Year 5

Thursday 14th December 2pm – Year 6

There is no need to order tickets, but due to space restrictions, we ask that a maximum of two adults attend for each child.

Christmas Dinner – Wednesday 6th December

Please make your child's lunch choice, by Monday 27th November, via a separate School Ping sent on 8th November.

Reindeer Run – Tuesday 5th December

This is a PTA organised event and a promotional poster and funding link will be sent out soon. Individual classes will take it in turns to run the reindeer course throughout the day.

Years 3 and 4 (7 laps - half a mile) and Years 5 and 6 completing the full 14 laps (1 mile) wearing their Christmas jumpers/t-shirts/accessories and reindeer antlers (provided by the PTA).



PE Update

Last Friday 3rd November, despite the wet and wild weather conditions, our Girls football team played against other schools in Brighton and Hove. After playing several rounds in the rain, they were all still giving their all and still smiling at the end of the afternoon. Even though the results weren't as expected, the girls had a great time and we hope they have a fantastic football experience. There will be more opportunities. Thanks to Mr Trott for accompanying the girls and coach them for the afternoon. Well done girls!

Here are some photos of the event



Next events:

Cross Country at Waterhall Playing Fields on the 15th November.

Families of children taking part have been informed.

Here are some reminders for the day:

****Course will be muddy so spikes / football boots / old trainers to be worn. If the course is muddy / boggy bring tape to put round children's footwear so they don't lose them in the mud.**

Make sure children are wearing appropriate clothing for the conditions and have water.

****There will be stewards managing the parking at Waterhall and there will be no parking in Waterhall for spectators**

Mill road will be closed and used for parking this will be managed by the stewards.

Parking in Mill Road is limited – so please remind parent/carers of this and we recommend only attending in one vehicle. Access to Mill Road will be from the bottom end by the BP Garage off the A23 – please make your parent / carers aware of this and that they cannot access Mill Road from the roundabout at the top of King George the 5th Avenue.

The two pedestrian access points to the playing fields are from the main entrance or opposite the windmill on Mill Road and across the footbridge.. Please advise parent / carers to wear suitable footwear as the parkland area will be muddy and uneven.

The top car park will be used for mini buses and coaches only.

If you are arriving by Taxi – a Taxi drop off point will be inside Waterhall under the main bridge. You will need to then walk up to the start.

Blue Badge Holders should show stewards their badges and access will be given to park in top car park by Rugby Club.

[Free Swimming](#) is still open to under 18's who go to School in Brighton and Hove.

Where children can swim

Children can swim for free at:

- King Alfred Leisure Centre
- Prince Regent Swimming Complex
- St Luke's Community Swimming Pool
- Saltdean Lido (between May and August)

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?

১	২	৩	৪
এক	দুই	তিন	চার
ek	dui	tin	char
1	2	3	4

Monday. Shombar (সোমবার)
Tuesday. Mongolbar (মঙ্গলবার)
Wednesday. Budhbar (বুধবার)
Thursday. Brihoshpotibar (বৃহস্পতিবার)
Friday. Shukrobar (শুক্রবার)
Saturday. Shonibar (শনিবার)
Sunday. Robibar (রবিবার)

নমস্কার
[nômoshkar]
Hello

বিদায়
Bidai/Jachsi
Goodbye

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).



#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 ALL 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.





PTA Help Fund New Mural at Hove Juniors



The new nature themed mural is located in the playground. Artists (and parents) Rebecca Angel and Dawn East created the mural by using some elements of the designs the children created during art week in the summer term. Thanks to the parents, teachers and children who helped paint.



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



BBC
CHILDREN
IN NEED

[BBC.CO.UK/CIN](https://bbc.co.uk/cin)

Family Philosophy Quest: Mission 3



In films it's easy to tell when someone is a hero – just look at their outfit! But this week's mission is to explore whether it's really true that all heroes wear capes...

[What's the Big Idea? - What is a Hero? \(2012\)](#)



The big question: What makes a hero?

Caring thinking

Can ordinary people be heroes too?

Co-operative thinking

Can you be a hero even if nobody notices?

Creative thinking

Why do people have different heroes? Is anyone a hero to everyone?

Critical thinking

Is it possible to be a hero and a villain too? How?



Reflect on your mission skills. What thinking skills did you show?

*I was a _____ thinker
because _____*

Be a philosophy hero by using all four thinking skills.

Creativity: make connections between ideas and compare them

Co-operation: share our experiences and build on each others ideas

Critical thinking: give reasons and ask questions

Caring: think about what's said and listen to others carefully



CALENDAR COMPETITION

FIND YOUR VOICE



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'.



NEW DEADLINE!
17th Nov
14th Nov

HOW TO ENTER

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





Come and visit our school
community!

Open Day Dates

Monday 6th November sessions at 9:30 and 10:45am

Wednesday 8th November sessions at 9:30 and 10:45am

Wednesday 15th November 5:00 – 6:00pm

Tuesday 9th January at 9.30am

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 admin@westhove-inf.brighton-hove.sch.uk



'We can't wait to meet you!'



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



**The Hangleton
& Knoll Project**

Working for a better community

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:** Moulsecoomb 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:** Moulsecoomb 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.

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/1081/
Sussex-CAMHS-ParentCarer-
Webinars#/](https://ticketlab.co.uk/series/id/1081/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)**

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

jo.roeg@brighton-hove.gov.uk

BRIGHTON & HOVE PARENT CARER GROUPS

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 marie@amazesussex.org.uk 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
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)

anxiety

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.

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>



MHST Workshops 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 in- to 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

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.

Anxiety

Secondary 9 November 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 | Eventbrite](#)

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

Flu  mmunisation

Helping to protect children, every winter

WANT YOUR CHILD TO CATCH UP IN MATHS?



**Free
Trial**

**Current
teacher at
West Hove
Infant
School**



**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>

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
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01273 22 11 02



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