



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



# Hove Learning Federation School/Portland Road Newsletter



Friday 8th December 2023

Dear Families,

It has been wonderful to welcome our families into school this week to watch our Christmas performances, and we look forward to enjoying more at School Road next week, along with our Junior 'fabulous finishes'. The children have been just incredible and a huge thank you to the staff for all their hard work on these.

We are delighted to share that Hove Junior School's recent Inclusion Quality Mark assessment confirmed our ongoing status as a Flagship School. This is an amazing achievement held by only a small number of schools in the country. We are also really pleased that the assessor recognised the exceptional inclusive practice across both the Infant and Junior School.

We will be having our usual own clothes day on the last day of term (Friday 15th December). Children may wear something festive on that day if they wish. We would like to emphasise that this is optional and would encourage our families not to buy anything new for this.

Thank you for participating in our recent parent/carer survey. Please see the highlights below:

95% of families say their child feels safe at this school

92% of families say their child is happy at this school

89% of families say the school makes them aware of what their child will learn during the academic term

86% of families feel that the teacher knows their child well

77% of families say their child can take part in clubs and activities at this school

85% of families say the school lets them know how their child is doing



We look forward to welcoming everyone back to school on Wednesday 3rd January and wish you all a very happy holiday in the meantime.

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](mailto:admin@westhove-inf.brighton-hove.sch.uk)

01273 733386

Hove Junior School

[portlandroadenquiries@hovejun.brighton-hove.sch.uk](mailto:portlandroadenquiries@hovejun.brighton-hove.sch.uk)

01273 916609

Hove Junior School Inclusion Team

[inclusionteam@hovejun.brighton-hove.sch.uk](mailto:inclusionteam@hovejun.brighton-hove.sch.uk)

01273 916609

Best wishes,  
Ben Massey

## Diary Dates

**w/c 11th Dec** - Christmas Performances/Fab Finishes

**15th December** - Last Day of Term - NON UNIFORM DAY

**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 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

*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)

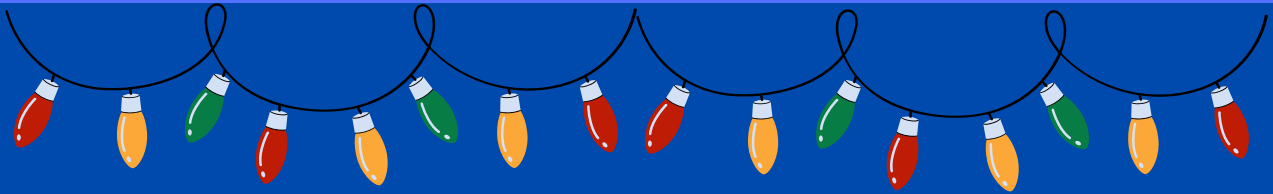
## Christmas Parties

**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

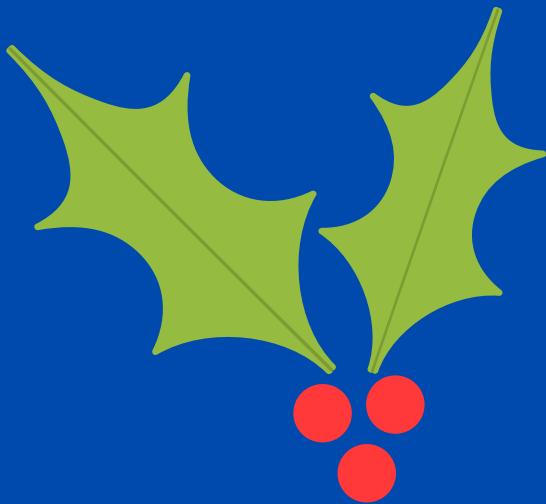
Monday 11th December 2pm – Year 3

Tuesday 12th December 2pm – Year 4

Wednesday 13th December 2pm – Year 5

Thursday 14th December 2pm – Year 6

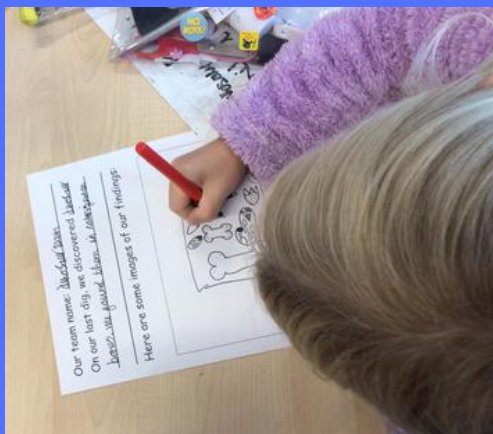
There is no need to order tickets, but due to space restrictions, we ask that a maximum of two adults attend for each child.





# Year 3 "Mantle of the Expert" archaeology lesson

We had a great time becoming archaeologists during our Mantle of the Expert session! We worked brilliantly in our teams, thought of our own team name and past adventures, used our historical knowledge to sort items and finally, we got to dig up some Bronze Age artefacts!





# Year 3 "Mantle of the Expert" archaeology lesson



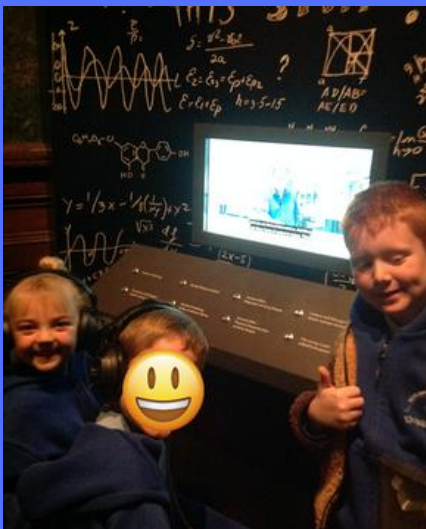


# Year 3 Brighton Museum Visit

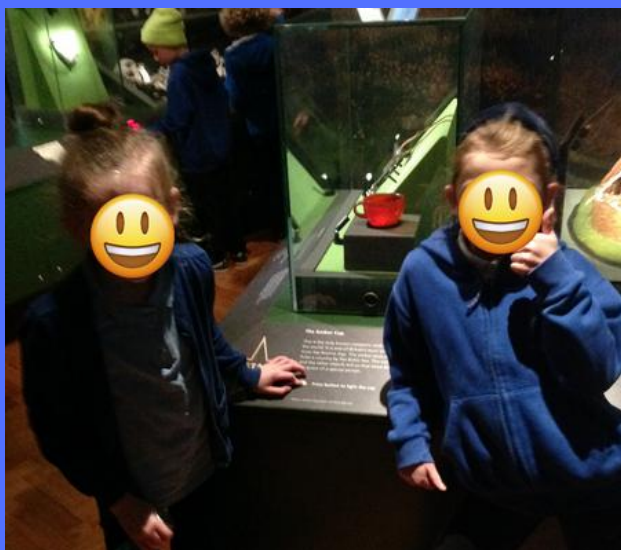
Later on last week, we went on our trip to Brighton Museum. We had great fun here, doing a Stone Age to Iron Age workshop and looking at the exhibits.

We even found the amber cup, which we had learnt about in our Mantle of the Expert work, that was found in the Hove Barrow!

Thank you so much to all parents who helped support us in making this a memorable and exciting day for the children.



# Year 3 Brighton Museum Visit



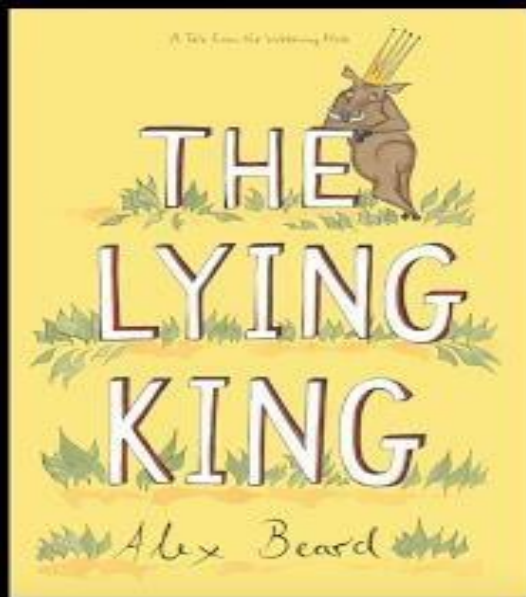


## Family Philosophy Quest: Mission 4

This week is full of very sticky questions, and you will need to call on all of your thinking skills to complete the mission!

Have you ever got tangled up in a web of lies? What does it mean when people say '*the truth will catch up with you*'? Can lying ever be good? Or telling the truth bad?

[The Lying King by Alex Beard](#)



[Flying Penguins - BBC](#) If you see something should you believe it?



***The big question: What if we always told the truth?***

**Caring thinking**

Could telling a lie ever be a kind thing to do?

**Co-operative thinking**

What would happen if everybody lied to each other all the time?

**Creative thinking**

If you make up a story, does that mean there's no truth in it?




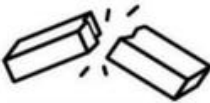


**Critical thinking**

How do you know whether something you hear or read is true?





Keep it up! Can any of these thinking moves help you complete the mission?

 <b>Think AHEAD</b> Do you think everything in this HomeTalk will be true?	 <b>Think BACK</b> Have you ever told a lie? If yes, why?	 <b>CONNECT</b> Is something that is not true, always the same thing as a lie?
 <b>DIVIDE</b> What might be the difference between something that is not true and a lie?	 <b>LISTEN/LOOK</b> Where would you be most likely to see a lie?	 <b>ZOOM (in/out)</b> How can you check the facts? Why does the truth matter?



A big Thank You to all  
the parents,  
carers and children  
who attended the  
book fair  
at School Road.

We raised a total of  
£201  
to spend on books  
for school!





# **A MASSIVE CHRISTMAS THANK YOU FROM HOVE JUNIOR PTA!!!!**

As we are coming to the end of 2023 we thought it would be a good time to let you know about all the fantastic events that you have supported this academic year and that have raised money for the children at Hove Junior School. It's only with your generosity, time and help that we can run these events and raise money for our kids.

## **Summer Fair Raffle raised £414!!**

At the beginning of term we raffled off the prizes from the cancelled Summer Fair, prizes which had kindly been donated by local businesses to support our school - thank you so much for all of them! And thank you for buying the tickets.

## **Spooky Disco raised £2723!!!**

A massive thank you to all the volunteers who helped run the event and all the parents and carers for buying tickets and supporting the event and, of course, all the kids for being such great dancers!!

## **Christmas Cards raised an estimated commission of £550!!**

Thank you to all the children for their amazing designs and to parents and carers for generously buying the cards, baubles and gift tags. And a huge thank you to Catherine and Jess G for delivering this project for both Infants and Juniors - what an impressive feat!

## **Reindeer Run - sponsorship still being counted**

This brilliant Christmas event for the kids went really well on the 5th as the children ran laps of the playground wearing reindeer antlers. Not only fun but great exercise too! We'll keep you posted about how much was raised but a huge thank you to everyone for the sponsorship money and the children for their enthusiasm!!!

## **What the money raised goes towards....**

So far this year we've paid for a lovely mural in the playground, designed by the children, a uniform and lost property storage box and we are planning to give the school money for games and equipment for the Creative Room or RE resources or diversity books. Next year we will be organising the Summer Fair, in partnership with the Infant School, for a bumper event, as well as bake sales, a film night and an Easter disco.

Thank you again for all your generosity and kindness this year. Please come and join us after school on the last day of term at Fred's Shed in the front playground so we can thank you in person with candy canes for the children and treats for the adults.

Merry Christmas and a Happy New Year!

From Amy, Jess, Deborah, Jeremy, Alice - Hove Junior PTA

# THANK YOU

to **Mayberry Garden Centre**  
from all at School Road for kindly  
donating our beautiful Christmas Tree!



**Mayberry Garden Centre**

7-17 Old Shoreham Rd, Brighton, BN41 1SP

<https://www.tatesofsussex.co.uk/garden-centres/mayberry-garden-centre/>



**TATES**  
OF SUSSEX  
GARDEN CENTRES



**This certificate recognises that**

## **Hove Learning Federation West Hove Infants and Junior Schools**



**Date Awarded** 23.11.23

**Date to be  
Reassessed** 22.11.26

We are an asthma friendly school and have gained asthma friendly status for our care of students with asthma. This means we advocate inclusion, are clear on our procedures and have designated asthma leads to ensure these are adhered to. We commit to audit our procedures yearly.

I declare that this school met the essential criteria of the Asthma Friendly Schools standard status. The Asthma Friendly Schools status is awarded to schools as an acknowledgement of an ongoing commitment to promote 'Asthma Friendly' behaviours.

# Real

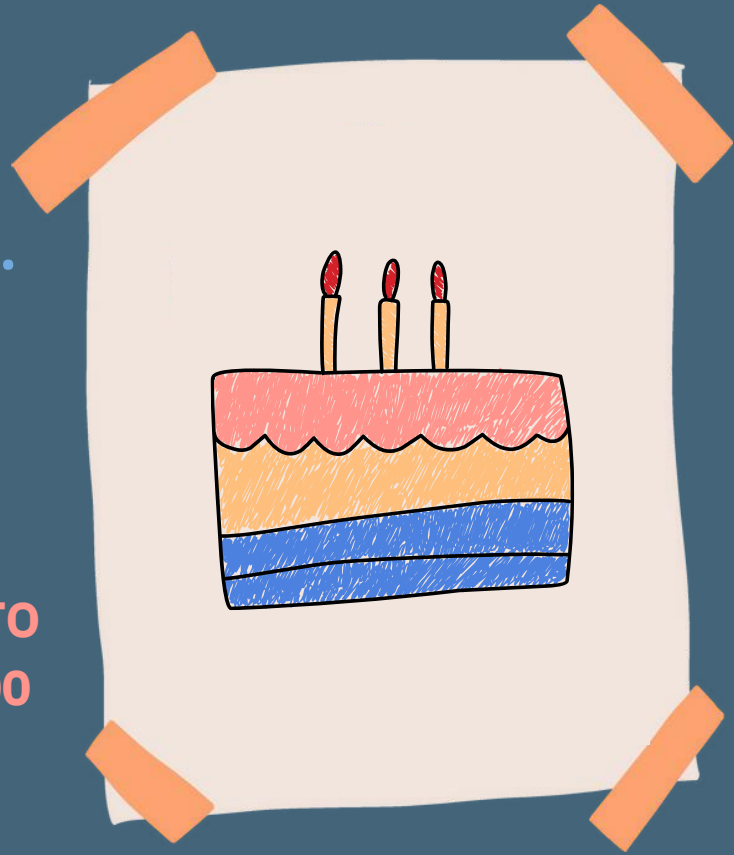
# PÂTISSERIE

## CHRISTMAS CAKE COMPETITION

DESIGN AND DRAW YOUR  
DREAM CHRISTMAS CAKE ...  
AND WE WILL MAKE THAT  
DREAM COME TRUE!

PRIZE: YOUR DESIGN BROUGHT TO  
LIFE BY OUR BAKERS PLUS A £100  
VOUCHER FOR YOUR SCHOOL

RETURN YOUR ENTRY IN PERSON TO  
ONE OF OUR SHOPS AND RECEIVE A  
FREE TREAT!



SCAN ME TO ENTER



CLOSING DATE: DECEMBER 15TH - OPEN TO CHILDREN AGED 4-11



## Midday Supervisor required

West Hove Infant School - School Road site  
Monday to Friday 12.00 – 1.00 pm (5 days per week)  
Paid weeks per year 43.78  
Hourly rate £12.59

We are looking for an MDSA to work with our friendly and supportive team of lunchtime staff and play leaders. You will need to:

- ☐ Supervise our children during lunchtimes, both in the playground and in the canteen
- ☐ Have a firm and fair approach with children from Reception to Year 2
- ☐ Have good inter-personal skills and a calm manner
  
- ☐ Be either first-aid trained or willing to undertake similar training

Closing date 10th January 2024

Start date: TBC

To apply for this job, please complete an application form and return to the school office or email it to:

[recruitment@westhove-inf.brighton-hove.sch.uk](mailto:recruitment@westhove-inf.brighton-hove.sch.uk)

Employment under the Federated Board includes all locations/sites where both schools operate. Under this contract, you may be asked to work across different locations under the Federated Board, either temporarily or permanently

We are proud that our school is a culturally rich and diverse place of learning, and we are keen to encourage people from diverse ethnic backgrounds to apply and join our staff team. The school has a strong focus on Equality, Diversity & Inclusion for our pupils, staff and governors and we are passionate about creating an environment where every pupil can thrive. We are also very proud that Hove Junior School is an Inclusion Quality Mark (IQM) Centre of Excellence.

Hove Junior School and West Hove Infant School are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All new staff will be DBS (Disclosure Barring Service) checked at an advanced level.



## **Midday Supervisor required**

**Hove Junior School & West Hove Infant School - Holland Road site**

**Monday to Friday 12.00 – 1.00 pm (5 days per week)**

**Paid weeks per year 43.78**

**Scale Point 3**

**Hourly rate £12.59**

We are looking for an MDSA to work with our friendly and supportive team of lunchtime staff and play leaders. You will need to:

- ☐ Supervise our children during lunchtimes, both in the playground and in the canteen
- ☐ Have a firm and fair approach with children from Reception to Year 6
- ☐ Have good inter-personal skills and a calm manner
- ☐ Be either first-aid trained or willing to undertake similar training

Closing date 15th December 2023

Interview date 5th January 2023

Start date: ASAP

**To apply for this job, please complete an application form and return to the school office or email it to:**

**[pambarry@hovejun.brighton-hove.sch.uk](mailto:pambarry@hovejun.brighton-hove.sch.uk)**

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Hove Junior School and West Hove Infant School are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All new staff will be DBS (Disclosure Barring Service) checked at an advanced level.

# Free School Meals

Benefits of registering for free school meals (FSM)

Once FSM eligibility is confirmed:

- Primary aged pupil FSM currently protected until the end of Year 6.
- Secondary aged pupil FSM currently protected until the end of Year 11.
- Year R to Year 11 children can access free school holiday activity sessions (HAF) during some holidays. Check this link for more information: [www.brighton-hove.gov.uk/health-and-wellbeing/holiday-activities-and-food-haf](http://www.brighton-hove.gov.uk/health-and-wellbeing/holiday-activities-and-food-haf)
- Schools get extra funding.
- Schools may offer concessions (check with your school for more details)
- Your child does not have to eat a school meal for you to register and receive these benefits.

Children in Year R, 1 or 2 receive a meal for no charge, a Universal Infant Free School Meal (UIFSM).

If you are getting one of the benefits listed below (and are not yet registered for free school meals) then apply now. Do not miss out!



Your child might be able to get free school meals if your household is in receipt of any of the following:

- Universal Credit – annual net household pay of £7400 (£616.66 a month take-home) or less a year.
- Child Tax Credit (provided you're not also entitled to Working tax Credit and have an annual gross household income of no more than £16,190)
- Working Tax Credit run-on: paid for 4 weeks after you stop qualifying for Working Tax Credit
- Income Support
- Income based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- NRPF (No Recourse to Public Funds) – contact your school or the council (details below)
- The guaranteed element of Pension Credit

How to apply or contact us:

Apply online – [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)

Email us – [freeschoolmeals@brighton-hove.gov.uk](mailto:freeschoolmeals@brighton-hove.gov.uk)

Call us – 01273 293497.

If you contact us via email or phone, please have the following details to hand: your National Insurance Number, Date of Birth, and Surname

We will also ask for your child's name and date of birth.

November 2023





## **Christmas Holiday Consultation Line**

Dear Parents/Carers,

Do you have a child or young person at school in Brighton & Hove?

**If you have any concerns about their Emotional Mental Health and Wellbeing you are invited to talk to a Primary Mental Health Worker or Education Mental Health Practitioner from the Schools Mental Health Service.**

Telephone consultations are available over the Christmas Holiday.

***December 19th, 21st, 22nd and 29th along with 2nd January***

***9am-12pm.***

**Please email**

**[SchoolsMentalHealthService@brighton-hove.gov.uk](mailto:SchoolsMentalHealthService@brighton-hove.gov.uk)**

You will need to send us your name and phone number, with a brief outline of your concerns, and a Primary Mental Health Worker or Education Mental Health Practitioner will call you back.

Whilst we aim to call back within two days, please be aware we may have a high demand, so your patience is appreciated.

Please note, this would not be in place of current services you may already be engaged with.

**This is not a crisis number – if you require immediate support you need to contact your GP, call CAMHS duty care on 03003040061 or go direct to A&E**





## **School Fund – Academic Year 2023/24**

Dear Parents/Carers,

This Autumn, we will be requesting a £30 contribution towards the School Fund. This can be paid as a one-off payment on Parent Pay or in three termly amounts of £10. This cost does not include swimming costs for Year 4 or external trips outside of school.

The School Fund contributes to all subjects, sports and activities, supporting the school budget and the projects our pupils benefit from. With a regular amount contributed for each child, we want to ensure:

- Each year group will receive a 'topic' based workshop/visitor each term.
- Art/DT resources for art week, topic work and enterprise initiatives.
- Core texts and additional reading resources for our topics and whole class reading lessons.
- Continued replenishment of book areas in each classroom chosen by our pupils.
- New playground equipment for lunchtimes and annual replacement of our much used and loved general equipment.

Following year-on-year budget cuts to education, we have had to make significant reductions to school expenditure. Over 85% of our Government income is spent on salaries for staff as well as every day running costs. To ensure that cuts do not impact our pupils' education, we rely on your support. If everyone contributes, we can really make a difference.

### **Voluntary Donations**

If you would like to contribute regularly to the school, or make a one-off donation, we have set up an additional donation page on Parent Pay.

Yours Sincerely,

Lorna Cummings  
Head of School, Holland Road

Ben Massey  
Head of School, Portland Road

# 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](mailto:CAMHSParticipationTeam@spft.nhs.uk)  
[CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

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



# 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](mailto:marie@amazesussex.org.uk)

Dates and times may vary, so email [marie@amazesussex.org.uk](mailto: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](mailto:marie@amazesussex.org.uk)**  
[marie@amazesussex.org.uk](mailto: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.

# WANT YOUR CHILD TO CATCH UP IN MATHS?



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**Current  
teacher at  
West Hove  
Infant  
School**



**Book a call  
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personalised plan  
for your child**

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Are they achieving to the best of their ability?  
Do they believe in themselves and feel confident?

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- ✓ Expertise in teaching children of all abilities and individual needs, including any SEND requirements
- ✓ Pairings or small groups available on request



**Message from Rachel Dodson - Founder and Director of Tutor Room Ltd**

*I have worked in education for the last twenty years in Brighton and Hove and I am also a local parent. I will use my expertise to help you map out your child's educational journey, supporting and advising you throughout the process for the long term. Please contact me to discuss your child's needs. I look forward to speaking with you. - Rachel*

tutorroomltd@gmail.com

<https://tutorroomltd.co.uk/>

**Contact Rachel**



07746 250 837



tutorroomltd@gmail.com



<https://tutorroomltd.co.uk/>

## 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>

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