



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



Hove Learning Federation Holland Road Newsletter



Friday 1st March 2024

Dear Families,

As always, it has been wonderful to welcome our families into school for our parent/carer consultations this week. Thank you to everyone who attended, we love sharing your children's learning with you!

We have quite a few things to look forward to in the coming weeks including World Book Day and Red Nose Day, so do make a note of the dates below on your calendar.

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

7th March - World Book Day
15th March - Red Nose Day - dress down day (optional Red theme)
19th March - Y2 Drusillas Trip
28th March - Last day of term
29th March - 14th April - Easter holidays
15th April - First day of Summer Term



Year 4

On Monday 26th February, Year 4 were lucky enough to visit Holland Road Baptist Church, to hear all about why the bible is important to Christians. As well as having the opportunity to ask questions about the bible, we were told about what a typical Sunday service looks like for their congregation and had a tour of the building. The children thoroughly enjoyed their visit and it really bought our current learning on 'Holy Books' to life!



Year 4



Year 5 and 6 indoor cricket

On Wednesday 21st February, a team of year 5 and 6 boys took part in an indoor cricket tournament run by Sussex Cricket. It was an exciting afternoon of 6's, 4's, incredible catches, fantastic fielding and close scoring games! We ended up coming first place in our group, tied with Saltdean Primary - narrowly missing out on going through to the next round on run difference. The group represented Hove Juniors wonderfully and were full of energy and enthusiasm! See some action shots below. The girls have their tournament in a few weeks time.





Year 6 boy's football team news

Hove Junior School VS Windlesham Primary

On Tuesday 20th February our year 6 boys played against Windlesham Primary for the second time this season as this was a cup game. The boys went in determined and strong after their last two wins. Our team played fantastically, passing the ball around and maintaining the majority of possession throughout the game. Unfortunately we came away 4-0 down but it was a brilliant effort against a strong side and evident how much our boys have improved over their short time playing together. It was a very close, exciting game to watch- well done team! We face Hove Juniors (Portland Road) in our first derby in a few weeks' time. Watch this space!





Hangleton

Hove Juniors

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The girls' team had a friendly match vs Hangleton on the Tuesday before half-term to get warmed-up for the upcoming cup fixtures.

The team started well and was kept busy defensively by a Hangleton that, in truth, had us on the back foot for most of the match. Despite the building pressure, smart tackles were made by Alice and Poppy who, again, worked well together in defence. Leila also made several good saves to keep Hangleton at bay.

Maggie did her best to drive us forward with support from the rest of the team. However, we found it difficult to work the ball past Hangleton's players and down to the other end of the pitch effectively. They made it hard for us to work enough time and space to get off any shots that would really test the goalkeeper.

A fairly scrappy first-half ended with the teams level at 0-0.

Unfortunately, Hangleton came out for the second-half firing and managed to get the first goal, which was then followed by two more in relatively quick succession. We continued to work hard to stay in the game, but it ended with a 3-0 loss.

Despite the scoreline, the team added some valuable minutes of match practice and the players were able to try playing in some new positions too.

Well done to the team for a great effort!

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday®

The National College®

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 are holding a number of sessions over the academic year:

Day 1

Date: 16th January

Time: 10.00 – 3.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

Day 2

Date: 6th February

Time: 13.00 -16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

Day 3

Date: 27th February

Time: 10.00 – 3.00

Venue: Moulescoomb Family Hub, Hodshrove Lane, BN2 4SE

Day 4

Date: 12th March

Time: 13.00 -16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

Day 5

Date: Monday 19th March

Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

Day 6

Date: Tuesday 4th June

Time: 10.00 – 3.00

Venue: Moulescoomb Family Hub, Hodshrove Lane, BN2 4SE

Day 7

Date: Monday 10th June

Time: 10.00 – 3.00

Venue: Roundabout Children's Centre, Whitehawk Road, BN2 5FL

Day 8

Date: Tuesday 18th June

Time: 13.00 - 16.00

Venue: North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

There will be an Attendance Officer available between these times, along with a Family Support Worker from the Schools Mental Health Service.

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



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.