



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



# Hove Learning Federation School/Portland 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  
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

**7th March** - World Book Day  
**11th - 14th March** - Book Fair at School Road  
**14th March** - YR Movie Night  
**15th March** - Red Nose Day - dress down day (optional Red theme)  
**21st March** - Y2 Drusillas Trip  
**21st March** - Y1 & Y2 Movie Night  
**21st March** - PR Juniors Easter Disco  
**26th & 27th March** - Y3 Visits to Rampion Windfarm Visitor Centre  
**28th March** - Last day of term  
**29th March - 14th April** - Easter holidays  
**15th April** - First day of Summer Term



# Year 2

Year 2 have been working hard to create some fabulously colourful, mixed-media rainforest inspired collages.





# Year 3 Special Visitor

Last week in year 3, we were incredibly lucky. We had a special visitor in, who shared his expertise with our classes. Damien is a recycling enthusiast and works locally to look after recycling areas. Damien brought in all that we needed to create wormeries for each year 3 class. All of his resources were biodegradable and helped us to understand ecosystems.



# Year 3 Special Visitor





# *PE Update*

## **Indoor athletics 23.2.24**

Last Friday 23rd of February, a group of children went to an indoor athletics competition at BHASVIC sports centre. Emma Greenough (Brighton & Hove School Games Organiser) invited Hove Juniors PR to take part in this exciting event.

The children participated in several rounds of physical activities such as standing long jump, vertical jump and relay races including obstacle runs. The children were amazing and showed an amazing performance throughout, leading into a win! With 138 points collectively, Hove Junior children demonstrated great sportsmanship and teamwork. They proudly took a medal home and a participation certificate. Well done everyone!

Here are some action shots!



## Cross country finals 27th March

Some of our best runners will be taking part in the Cross Country finals on the 27th March. Information has gone out to families, if you haven't received it, please contact Miss Anglada.

We wish them all the best!

## Stinger Netball

On 7th of March, the Netball team accompanied by their coach Mrs Lewis, will be attending the Stinger Netball event at University of Brighton, Sports Pavilion, Falmer Campus. More information will come to the families of the children taking part.

## Football at Holland Road

The football team will be playing next Thursday 7th at Blatchington Mill grounds. More information has been sent to families.

## Let's Dance '24!

The dance group is getting really excited about their upcoming performance! We just wanted to confirm details for 'Let's Dance' at the Dome this year.

The performance will take place on the 20th March with an afternoon rehearsal and the show will start after 6.30pm. All performances will be finished by 9pm. More details will be sent to the families taking part.



## ***Family Philosophy Quest: Mission Seven***

*The word compassion comes from the Roman times (more than 2000 years ago!). The Roman's spoke Latin. They put two words together to make this word **COMPASSION** = suffering (Latin: **passio**) with (Latin: **com**) or in modern English: 'sharing someone's suffering – and wanting to take it away'.*

***The big question: What is compassion? Is it enough to feel compassionate, or do we have to be and act compassionately too? Why?***

Let's get thinking [Good Neighbors are Compassionate](#)



[Compassion in Action](#)





### **Caring thinking**

Should our feelings of compassion affect our actions?

### **Co-operative thinking**

Is all listening a sort of compassion? When is it not?

### **Creative thinking**

How many ways can you think of to show compassion?

### **Critical thinking**

How can our actions affect our feelings?





Can you persevere and complete all the thinking moves?



**Think AHEAD**

Whom might you show compassion to today?



**Think BACK**

.. to a time when someone showed you extra compassion and kindness



**LISTEN/LOOK**

Look out for 3 examples today of others showing compassion



**ZOOM (in/out)**

What does 'being kind' feel like?

How important is kindness?



£1 off a book for each child with a 'World Book Day' token.

# COME To the SUPER AMAZING BOOK FAIR!

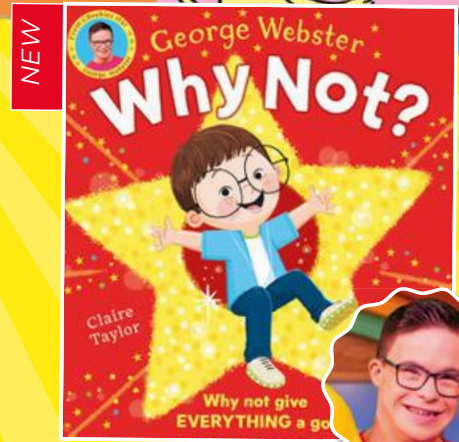
Last year, your support helped raise over £200



LOOK! £12.99 ~~£9.99~~



£3.99



£7.99

From CBeebies presenter George Webster!



£7.99



£3.99



£7.99



Card payments only please.



£8.99

Monday 11th - Thursday 14th March (School Road) In the main hall. 3:15-3:45pm. Check out our 'Get Caught Reading' competition for a chance to win a £10 voucher to spend at the Book Fair.



# EASTER DISCO!

HOVE  
JUNIOR  
SCHOOL



THURSDAY  
MARCH 21ST

**YRS 3-4**  
4:15 - 5:30pm

TICKETS


**£5\***

**YRS 5-6**  
6 - 7.15pm


TICKETS ON SALE MON 4TH // THURS 7TH // FRI 8TH AM & PM

\*FREE drink, snack & Easter activity with every ticket

# FRED THE SHED



Fred the Shed is a school community non profit sharing shed that can help with non perishing items to those who are finding it especially hard in the current climate.



Our aim is to help as many families in our school community as possible and it is run by volunteering parents and carers, the sharing shed completely relies on donations of non perishable items which can be dropped into either school reception areas.



**OPEN** every Friday  
after school

along with Fred's free bakery  
which comes from generous  
volunteers from Olio

Fred the Shed is located in the juniors  
front playground just next to the main gates



If you don't feel comfortable with approaching the sharing shed, please email our  
anonymous email address [fredshedschoolroad@gmail.com](mailto:fredshedschoolroad@gmail.com)

and items can be requested and left in the school reception area.

If you'd like to support Fred the Shed with your time, contact [fowhis@gmail.com](mailto:fowhis@gmail.com)  
To keep Fred stocked, there are collection bins in both school receptions.



# 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.



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.