



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



## Hove Learning Federation Holland Road Newsletter



Friday 15th March 2024

Dear Families,

### **Our City, Our World Bronze and Silver awards**

We are very proud to be part of the Our City, Our World project, which recognises the city's schools' commitment and work to tackle climate change.

We have been carrying out regular assemblies, reviewing our curriculum and working with or brilliant Eco Councils to make our schools as sustainable as we can and are delighted to have received 'Bronze' and 'Silver' awards from Our City Our World for our efforts.



## **Our City, Our World**

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](mailto: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

**19th March** - Y2 Drusillas Trip

**21st March** - Infants Easter Bonnet  
Parade

**21st March** - PTA Spring Disco

**28th March** - Last day of term

**29th March - 14th April** - Easter  
holidays

**15th April** - First day of Summer Term



# Year 3 Special Visitor

On February 20th, in year 3, we were incredibly lucky to as 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.



We are so grateful to Damien for sharing his knowledge with us. We loved finding out about the worms and creating a new home for them.





# Year 3 Special Visitor



# ***PE Update***

## **Year 5 and 6 indoor cricket**

On Tuesday 5th March, a team of year 5 and 6 girls 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 3rd place in our group out of 5. The girls were great ambassadors for our school - full of energy and enthusiasm! For lots of them, especially the year 5's it was a first ever competitive cricket experience! See some action shots below.





# *PE Update*



# ***PE Update***

## **Year 6 boy's football team news**

### **The Derby!**

#### **Hove Junior School Holland Road VS Hove Junior School Portland Road**

On Thursday 7th our year 6 boys played against Portland Road in our first Derby! It was a great game to watch, on a very big 9 aside pitch. The boys all did brilliantly, fought hard, showed great determination and teamwork. Overall the game finished 3-0 to Portland Road. We'll hopefully arrange a rematch for the summer term so watch this space!





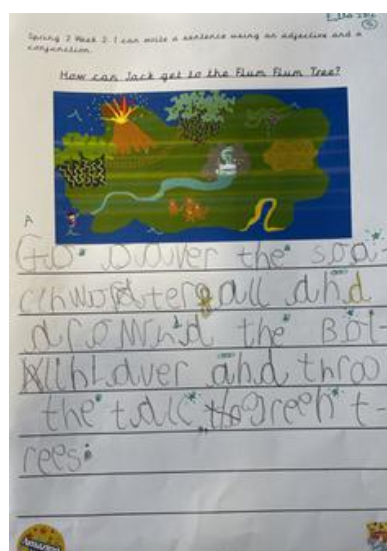
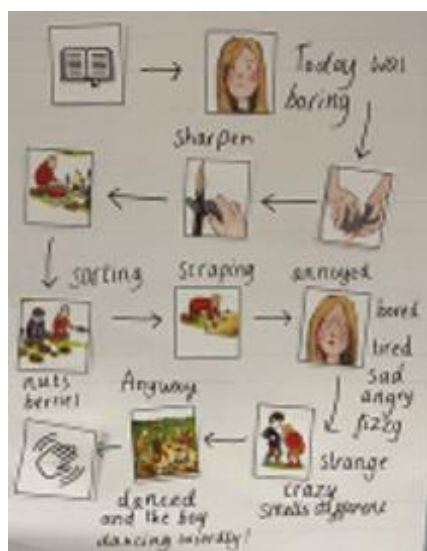
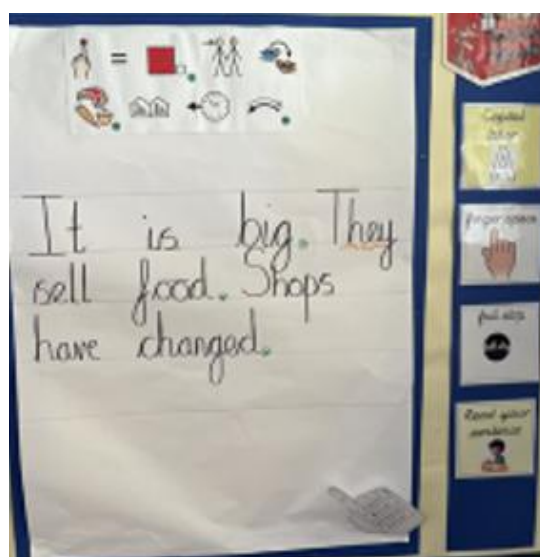
# Writing Celebration!

Last week the English team and senior leaders looked at the progression of writing across the school and support in place for pupils. We were so impressed by the excellent practice and effort from all pupils and wanted to celebrate this with you.

Effective practice and strengths included:

- A clear progression and alignment of resources from EYFS - Y6
- Excellent use of word banks and dual coded vocabulary
- Adapted checklists to support the children's writing
- Adapted writing frames to meet the needs of all pupils
- Increased used of visuals, collaborative work and role play opportunities
- The excellent use of working walls to show progression of lesson sequences to support the review and connect elements of lessons.

Here are some examples of writing from across the federation:







Dear Parents/ Carers,

A big THANK YOU to those of you who took part in the **Our City Our World** (OCOW) survey. We are delighted to announce that we have been awarded the **BRONZE** award!

Here is a summary of the results:



# Our City, Our World

## Parents / Carers

Do you think learning about Climate Change and Sustainability should be a part of the school curriculum?



Yes	585
No	9
Not sure	9

97% thought CC should be part of curriculum

How important is environmental education?



Vitally important	453
Very important	120
Quite important	28
Not very important	4

95% thought vitally or very important

How hopeful are you about the future of the planet?



Very hopeful	51
Quite hopeful	240
Not very hopeful	310

51% not hopeful

## Young People – KS2

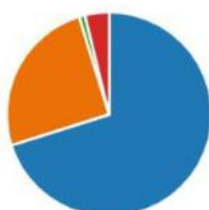
How worried are you about climate change damaging our world?



Very worried	418
Fairly worried	447
A little bit worried	237
Not worried	57
Don't know	66

89% worried

How important is it to you to learn about Climate Change and caring for the environment at school?



Very important	861
Quite important	309
Not important	11
Not sure	47

95% said important to learn about CC

How often do we get opportunities to make the environment better at school?



Very often	133
Often	603
Not very often	454
Never	37

60% had opportunities often / very often

Please click the link to see a short video from **local MP, Peter Kyle**, in support of the work being done in schools through the OCOW programme <https://www.youtube.com/watch?v=nFKf1nk4pfc>

## LET'S INVESTIGATE TO STOP THE PLASTIC CRISIS

Nearly 2 billion pieces of plastic packaging are being thrown away each week in the UK, and just 12% is recycled.

It's time the government got serious about tackling the plastic crisis. You can help by taking part in The Big Plastic Count!



Thank you for your support with the BIG PLASTIC WASTE COUNT.

The survey aims to highlight the national and world plastic problem and to teach every child and adult at our school that however big or small everyone can do their bit to make an impact on our world. The results from our investigation will show the government just how bad the UK's plastic waste crisis is and urge them to act on it. By counting all the plastic you throw away for a week, you will have helped gather the vital evidence we need to convince UK ministers, supermarkets and big brands to lead the way at global talks that could finally phase out plastic production for good.

Best wishes,

Miss James

OCOW and Eco Lead



# Our City, Our World





## *Reception Families!*



Have you wondered how to support your child at home with maths? Would you like to find out more about the way Maths is taught in Early Years?

Research evidence suggests that when parents are engaged in their children's learning, outcomes for children can be improved. We would like to support families to understand our maths curriculum and find ways they can support their learning at home.

We will be holding a maths workshop for our Reception Classes for all families to attend. In this workshop you will find out what your child is learning in maths, improve your confidence in helping your child with maths, create some games and activities for you to use at home, share home activities that you can take home to work on together. The children will join us for the workshop so they can show you how they learn!

The workshops will be held on:

Friday 22nd March- in the School Hall from 9.10am and will last approximately 45 minutes.

We look forward to seeing everyone.

Dear Parents and Carers,

**Parent Gym is coming back to West Hove Infant and Hove Junior Schools... This time it's virtual!**

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. You are now able to attend Parent Gym virtually, so we can still run it and you don't even have to leave your house.

All parents are welcome to apply and places will be filled on a first come first served basis. Through our relationship with Parent Gym the programme is free for parents.

Each weekly session lasts two hours, and will take place on Zoom. Invitations will be sent out to before the sessions.

**Tuesdays, from 1pm until 3pm**

7th May: **Chat** (2 hours) – Help your family talk and listen to each other

14th May: **Love** (2 hours) – Build self-esteem and independence through secure attachments

Monday 20th May: **Behave** (2 hours) – Bring calm and order to your home

4th June: **Care** (2 hours) – Looking after ourselves and our families

11th June: **Discover** (2 hours) – Support your children to learn and explore

18th June: **Together** (2 hours) – Look to the future and recapping key techniques

To **confirm** your place, please email [naomimiller@hovejun.brighton-hove.sch.uk](mailto:naomimiller@hovejun.brighton-hove.sch.uk) or sign up at:

<https://parentgym.arlo.co/courses/10-parent-gym?e=087585ade6604453a146387132df9660>


We look forward to hearing from you.

Yours sincerely,

Head Teacher

# Nurturing Parents

A mindfulness-based wellbeing course for parents and carers



*Free 5-week course  
Delivered in a small group  
Tuesdays 10–11.30am  
at Whitehawk Family Hub  
Starting 23rd April*

This course could help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children



## **Nurturing Parents: A Mindfulness-based Wellbeing Course for Parents and Carers**

The Nurturing Parents Mindfulness-based Course is a programme that is relevant and accessible for parents and carers whatever your family circumstances. Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

### **What to expect in the sessions:**

Each week has a different theme which is linked to the one in the previous week. There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing. You will also learn some approaches that can be practised with children and young people. No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

### **When and where?**

This course will be held for 5 weeks. Parents must attend every session.

The dates are: 23rd and 30th April, 7th, 14th, and 21st May 2024.

It will be held on Tuesdays 10-11.30am at Whitehawk Family Hub, 178 Whitehawk Road, BN2 5LF.

The 1, 1A and 21 buses stop outside, and free on road parking is available.

**If you are interested in attending this course please email  
[schoolsmentalhealthservice@brighton-hove.gov.uk](mailto:schoolsmentalhealthservice@brighton-hove.gov.uk)**

**Course facilitators:** Tessa Wyllie and Beth Ruffell, Schools Wellbeing Service

*Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers* was developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.



Sussex Community **NHS**  
NHS Foundation Trust

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

## Schools Mental Health Service Support for parents and carers

### Mindfulness for parents

#### **Nurturing Parents—a mindfulness based wellbeing course for parents and carers.**

**Free 5-week course Tuesdays 10–11.30am at Whitehawk Family Hub Starting 23rd April**. A programme that is relevant and accessible for parents and carers whatever your family circumstances. This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

**What to expect in the sessions** Each week has a different theme. There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing. Some approaches can be practised with children and young people. No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

**When and where?** This course will be held for 5 weeks. Parents must attend every session at Whitehawk Family Hub, 178 Whitehawk Road, BN2 5LF. The 1, 1A and 21 buses stop outside, and free on road parking is available. Email [schoolsmentalhealthservice@brighton-hove.gov.uk](mailto:schoolsmentalhealthservice@brighton-hove.gov.uk)

### Online Parent Workshops

One hour online workshops for parents on **Sleep, Low mood, Anxiety and Transition** run throughout the year by our Education Mental Health Practitioners.

Email [SchoolsMentalHealthService@brighton-hove.gov.uk](mailto:SchoolsMentalHealthService@brighton-hove.gov.uk) to find out the next available sessions and book.

### Raising emotionally healthy children and young people

A 90 minute session to support parents/carers and provide strategies and techniques to help manage anxiety. There will also be opportunities to ask questions and meet other parents.

#### **Areas covered include:**

What is anxiety and where does it come from?

How does anxiety impact on our children?

14th May 10.30am-12pm – at Portslade Hub: <https://www.eventbrite.co.uk/e/helping-childrenyoung-people-cope-with-anxiety-and-build-resilience-tickets-753682654107?aff=oddtcreator>

### Do you struggle to communicate positively as parents/carers?

This is a group designed to support you as parents/carers. A six-week, practical, skills-based course focusing on methods to improve the way you communicate as partners. These sessions are relevant to all kinds of couples: same sex couples; those with adopted children and families with a blend of cultures and religions.

The group will run weekly for 90 minutes and will start on Tuesday 16th April 2024 and be lead by a Primary Mental Health Worker and a Family Support Worker. It will run for 6 weeks.

[Dan.Geer@brighton-hove.gov.uk](mailto:Dan.Geer@brighton-hove.gov.uk) OR [Sharyn.brazier@brighton-hove.gov.uk](mailto:Sharyn.brazier@brighton-hove.gov.uk)

## Support for parents and carers of children and young people having difficulties accessing school

### Drop in events for Parents/carers of children having difficulties accessing 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 will 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 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 18 June **Time:** 13.00 - 16.00 **Venue:** North Portslade Childrens Centre, The Rise, Portslade, BN41 2PY

### Monthly support group for parents of children having difficulties accessing school

"I found it hugely helpful - thank you!!! I've been in this situation for so long now with my little boy, and now my little girl is struggling with school"

"Our family support workers run a monthly drop in group for parents/ carers of children struggling to attend schools at Al Campo lounge on London Road. It's a place to get support and meet others in the same situation.

For more information including upcoming dates, please email [Sharyn.Brazier@brighton-hove.gov.uk](mailto:Sharyn.Brazier@brighton-hove.gov.uk) or [Jo.Roeg@brighton-hove.gov.uk](mailto:Jo.Roeg@brighton-hove.gov.uk)



## 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.

### **Day 1**

**Date:** Tuesday 12th March **Time:** 13.00 – 16.00

**Venue:** North Portslade Children's Centre, The Rise, Portslade, BN41 2PY

### **Day 2**

**Date:** Tuesday 4th June **Time:** 10.00 – 15.00

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

### **Day 3**

**Date:** Monday 10th June **Time:** 10.00 – 15.00

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

### **Day 4**

**Date:** Tuesday 18th June **Time:** 13.00 – 16.00

**Venue:** North Portslade Children's 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.