

Dear Families,

We have had a hugely positive start to the summer term! The children are enjoying their new summer topics and it has been wonderful for me to walk around the school and see how engaged the children are with their learning. Please click on the links to our topic teasers and curriculum newsletters to find out more about your child's topic.

<u>Year 3</u> <u>Year 4</u> <u>Year 5</u> <u>Year 6</u>

We are looking forward to a busy summer term ahead so please do make a note of key dates below.

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**

1st-3rd May - Year 4 PGL
Residential trip
4th May - Brighton Festival
Children's Parade
6th May - Bank Holiday
13th-16th May - Year 6 SATs week
16th May - Infants Class photos
24th May - Last day of school - nonuniform day
27th-31st May - Half Term break

SE 55 :

# **Year 3 Stunning Start**

In Year 3, we had a fun day on Friday to kick-start our Romans topic! We gave ourselves Roman names for the day and created laurel leaf wreaths, which we decided we had won for bravery in battle. We learnt about Roman numerals and sung a really catchy song (I is one, II is two, III is three...!) Finally, we found out about the Roman army and we created Roman soldier selfies!









# **Year 3 Stunning Start**







# Year 3 Stunning Start

















# Year 3

In the last week of term before the Easter break, Year 3 celebrated the end of their Trash to Treasure topic with a trip to the Rampion Wind Farm Visitor Centre. The children looked around the centre's exhibits and learned about the turbines and how they work. They also had the opportunity to take part in a 360° virtual reality (VR) experience that took them out to the wind farm itself. The children had an amazing time. Well done year 3! An extra well done for the classes who made it into the trip despite the horrendous weather we had.

A massive thank you to all the parents/carers who helped us and made this trip possible. We really appreciate all of your support.









# Year 6 - VE Day

As part of the close to our WW2 topic, Year 6 at Portland Road recently spent the day commemorating the end of war in Europe with a VE Day celebration. Our wonderful children baked, made and created a fabulous spread for our street style tea parties which were hosted by the teachers in our classrooms. Some of the children also learnt a Lindy Hop themed dance routine which they had great fun performing in the hall. Here are some photos taken throughout the day.







PE Update

### Let's Dance 2024

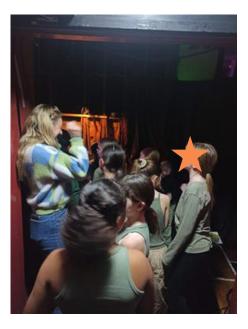
On Wednesday 20th March, a very talented group of children from Years 2 and 5 of Hove Learning Federation, took part in the dance event of the year, Let's Dance 2024!

After a dress rehearsal at the Dome in the afternoon, the children had the opportunity to shine on stage in front of over 1000 people and other schools across Brighton and Hove.

All of this was possible thanks to Ellie Gainsford, their dance teacher who choreographed a powerful dance routine named 'Game of Survival' She prepared the children as professional dancers and it was evident during their performance.Their confidence, agility and expressive moves were amazing! They were true superstars!

Children were super excited to be there and buzzed around the corridors of the Dome's backstage.

Here are some pictures of the evening performance. Well done everyone, you were amazing on stage!



Miss Anglada and Miss Finch



## PE Update





### **Brighton 10k and Marathon**

During the Easter holidays, at Preston Park, hundreds of children took part in the Brighton Mini miles. This was part of the Brighton marathon weekend, where parents, carers and some teachers from the school participated in the different events. Even Miss Anglada was there and ran the 10K in a very sunny and also gusty morning!

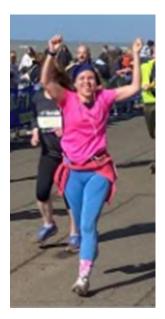
Congratulations to everyone that took part!!

If you want to share your or your children's experience, send your child's photo (with consent) with a comment about their race to <u>portlandroadenquiries@hovejun.brighton-hove.sch.uk</u>, and will be published in the next newsletter.

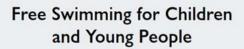












Please bring proof of your Brighton and Hove residence with you when signing up to our free swimming scheme



# More information at <u>https://www.brighton-hove.gov.uk/libraries-leisure-and-arts/sport-and-activity/free-swimming</u>



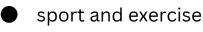


### More information at https://www.saltdeanlido.co.uk/swim

### Take Part Festival 2024 at the Level

TAKEPART will have a free launch event at The Level on Saturday 22 June from 11am to 5pm.

Come along and get friendly advice on being active, healthy eating, stopping smoking and active travel. There'll be free activities and workshops for everyone to join including:



- free workshops
- health and lifestyle checks
- skateboarding lessons
- dance performances and workshops
- a healthwalk around The Level



# PE Update

There will also be performances from local groups throughout the day.

Whether you're looking for an activity to keep the kids busy and active, or interested in improving your health, there's something for everyone. It'll be a great way to spend time with friends and family.

#### Quieter hour

11am to midday will be a quieter hour for anyone who might find the rest of the day too loud or overwhelming.

There will also be a quiet area located in the Healthy Lifestyles Zone at the festival.

### Volunteering

We're looking for volunteers to join us at this year's festival and help create a fantastic celebration of healthy active lifestyles.

No experience is required just enthusiasm for getting people involved and taking part. The roles involve:

- meeting and greeting
- helping at the event information point
- supporting activities taking place on the day

To register your interest and help support community sport and physical activity in Brighton & Hove send an email to healthylifestyles@brighton-hove.gov.uk.

### Get rewarded for travelling more actively to TAKEPART!

Everyone who comes to the TAKEPART launch event by walking, cycling, wheeling, running or public transport will be entered into a prize draw to win a £20 Brilliant Brighton Gift Card!

To enter, <u>download the BetterPoints app</u>. Once you've set up an account, join the Move for Change challenge and make sure you travel to the event sustainably.

As part of <u>Move for Change</u> you can also get rewarded when you choose active and sustainable travel throughout the year. Earn BetterPoints for every trip, then treat yourself or donate them to charity.

# Year 6 Hindleap Warren Trip – THANK YOU!

Year 6 would like to take the opportunity to say a huge thank you to all the adults who volunteered their time and energy to make our recent trip to Hindleap possible. The children were lucky to have such fun, caring, supportive and encouraging adults to make their trip memorable and safe. We owe you a huge debt of gratitude as without you, the trip wouldn't have been possible.

Thank you so much, Sam, Dan, Fran, Daniel and Elaine!





















































# Hindleap Warren non-attendees

The children who did not attend the residential trip had a blast last week!

They baked focaccia sharing bread and made some rocky road chocolate treats which were delicious, and also created some 3D art.

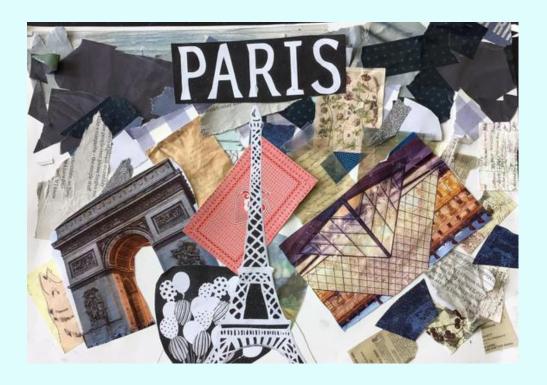
They were incredibly industrious and carried out a mini research project on the Olympic and Paralympic Games - France 2024. The kids researched the games and Paris, and chose how they would like to present it. Some created websites, some made a slide show on google slides, while some chose to make posters with the key facts. They really threw themselves into the activity, enjoyed the freedom to choose their presentation format and have produced some great results in the time they had.

They had an art morning on Wednesday, where they kept the Paris theme going and created a mixed media collage of the Eifel tower. They really enjoyed the activity. Finally, they had a movie afternoon, free flow playground play and a trip to Stoneham park.

The children were wonderful and it was a very memorable week.

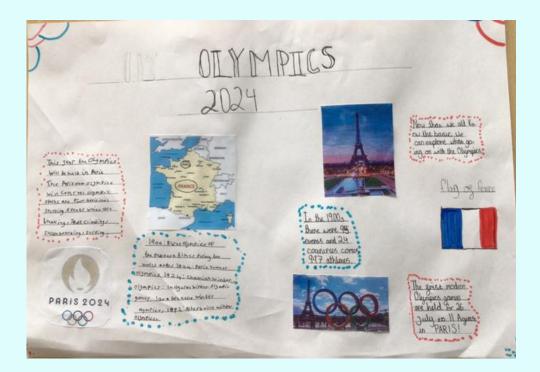
















# Earth Day

Monday 22 April was Earth Day, celebrated by over a billion people across the world as a day to raise awareness and take action together for environmental sustainability. We were thrilled to be joined by so many families after school to take part in activities to inspire and excite the children about caring for nature and our planet.

Children gathered for performances of the story "The Promise" and received wildflower seeds to take home and plant. They could also join in with den building, or colouring in where they wrote down their wishes for the world. At the same time, our Earth Day-themed cupcake sale and raffle raised over £325 towards the fund for new computers which is just fantastic. Thank you so much to everyone who came.

Huge thanks in particular go to The Budding Foundation who donated the prizes for the raffle, and Lollipop Print for the giant poster which provided the backdrop for the children's Earth Day photos. Also to all our FOWHIS volunteers and committee members for putting so much time and effort into making the event such a success.

If you're a parent/carer who struggles to volunteer after school but has the opportunity to volunteer for a day for a charity or community cause through your employer, we have an exciting opportunity in the summer holidays to do some work in Saplings, taking down sheds and installing planters. Watch out for full details coming in the class What's App groups!



# Earth Day









Well done to Sienna in Marmosets class, who had her hair cut short and donated it to the Little Princess Trust, to help children and young people experiencing the devastating effects of hair loss.

What a wonderfully kind thing to do Sienna, we are so proud of you!

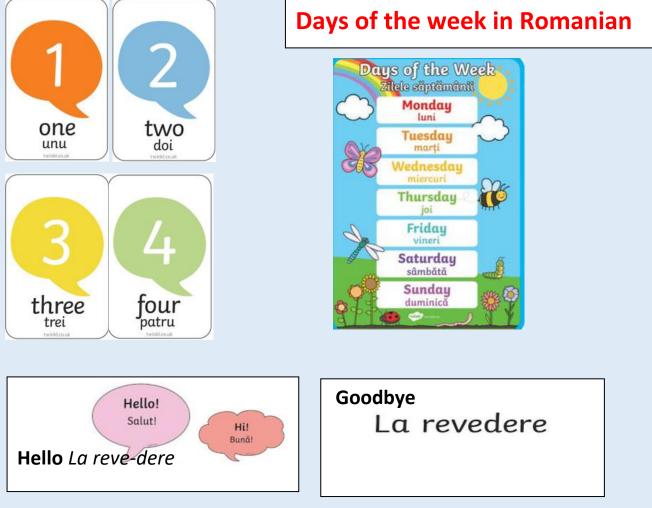




# AT HOVE LEARNING FEDERATION, WE CELEBRATE LANGUAGES



Do you speak Romanian? Could you say the days of the week? Would you be



Do you have any books in Romanian? We'd love to see them. Please bring them in to show your class (with your name in).

#### Family Philosophy Quest: Mission Nine

To try new things and share our ideas we have to be brave! Being brave – or courageous – can help us discover new things, make mistakes, and learn. What's the most courageous thing you've done today?

### The big question: Is it possible to be courageous and frightened at the same time? How?

Zootopia Shakira - Try Everything



Nobody learns without getting it won 不控失敗怎麼會懂成功的甜美

Frog and Toad - Dragons and Giants



### Caring thinking

How can the brave side of you look after the frightened part of you?

### **Co-operative thinking**

How can people help others to be courageous?

### **Creative thinking**

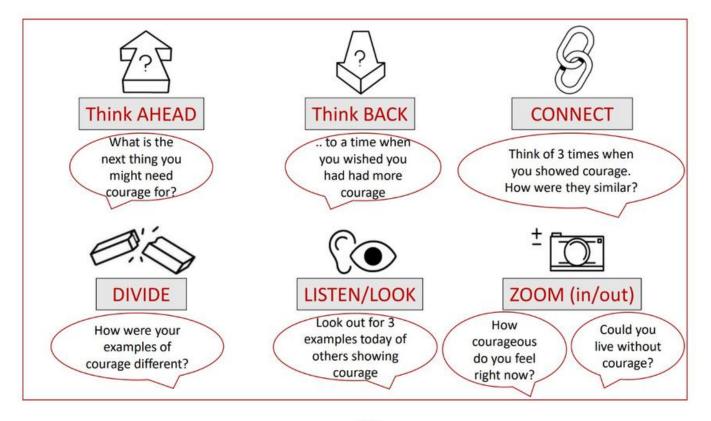
How could you help someone who was afraid to do something?

### **Critical thinking**

Could you ever describe someone as being too courageous?



### Can you persevere and complete all the thinking moves?





# **Uniform Swap!**

As part of the Our City Our World programme, we held a Uniform Recycle event on Monday 22nd April.

The idea was to reduce the amount of clothes waste by donating unwanted uniform and then people take what they need for FREE!

Thank you for your donations and to everyone who came along. The event was such a great success that we will be holding another one towards the end of the Summer 2.







# Ajointevent with the Infants and Juniors on June 29th

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11-3pm in all the playgrounds This event promises to be bigger and better than everl

### Bric a Brac

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Tombola

ENTERTAINMENT FOR EVERYONE



### Raffle

Collections week Jume 3rd

Collections week commencing June 10th The hugely popular raffle will be back!



Fair style games, inflatables and a performance stage. Multiple food vendors, sweet treats and a bar. Stalls from local sellers and the community

find the link to the volunteer sign up in your class WhatsApp

REASONS TO... JOIN OUR SCHOOL COMMITTEES! FOWHIS IS A "FRIENDS OF' CHARITY WHICH ANYONE CAN BE PART OF... FAMILY, CARERS, GRANDPARENTS

### 1. Your child benefits

FOWHIS are an important part of the schools and we strive to enrich your child's school experience. Our fundraising has supported author visits, sports equipment and entertainment for the children's Christmas parties. In 23/24, we have raised £8000 specifically for new computers for all the classrooms

### 2. To make a difference

As well as fundraising, the committees organise events which add so much to our children's school experience. Events like the Spooky Disco's, Movie nights and the Summer Fair create a real sense of community and benefits all of our children.

### 3. Have fun

Being part of our committee is a fun and rewarding experience and we host fantastic events where you can get together and make new friends. Our popular summer fair is a brilliant social event as well as raising valuable funds for our school. The Wonky Bar event is very exciting as the children search for their golden tickets

### 4. Make friends

Many friendships develop from being part of the committee. Volunteering your time and working towards a common goal is a rewarding experience and many long-lasting friendships are formed while being part of our team. Come along and see!

### 5. Feel involved

Everyone is welcome to attend our meetings and we love to see new members. Bring an idea or just yourself. Meetings are held via Zoom, in cafes and occasionally the pub! It's a great way to get involved and feel part of the school family. We use WhatsApp as our main communication

### 6. Give a helping hand

We realise that everyone is busy so we welcome job-sharing roles in the committees. Many hands make light work so if more people come forward we can share the work making it fun for everyone **7. Continued fundraising** As parents move on from the school, there is a real danger that there will no longer be fundraising. Please do consider helping to keep our fundraising going year after year. Give a small amount of time or be a committee member, everyone is valued

Once you have joined your class Whatapp, you can also connect with FOWHIS For more information please contact FOWHIS@gmail.com

# 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

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 <u>fowhis@gmail.com</u> To keep Fred stocked, there are collection bins in bot<u>h</u> school receptions.



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### **Internet Safety**

All schools are currently experiencing an increasing number of issues related to children's use of social media, online gaming and accessing inappropriate material online.

To support children and families, West Hove Infants and Hove Juniors put a strong emphasis on teaching about safe and respectful use of the Internet and social media. We have also recently hosted Local Authority-led talks for parents and carers about safer Internet use and online communication.

However, the schools are still seeing a growing number of issues stemming from the inappropriate use of age-restricted apps and social media platforms.

A group of parents from across Hove Learning Federation recently met with SLT to discuss smartphone concerns as part of a wider national campaign called Smartphone Free Childhood, details of which can be found at: <u>https://smartphonefreechildhood.co.uk/</u>.

They will be sending out more information about this parent-led initiative in the near future, including a survey to get a picture of the current smartphone situation in the school and to hear parents' thoughts on the matter.

You can join their WhatsApp group <u>here</u> to find out more.

As a Federation, we are committed to working with families to promote safer, more responsible use of all technology. We would really encourage parents and carers to attend any future talks hosted by the school, as these are always up-to-data and very informative.



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 <u>naomimiller@hovejun.brighton-hove.sch.uk</u> or sign up at: <u>https://parentgym.arlo.co/courses/10-parent-gym?e=087585ade6604453a146387132df9660</u>

We look forward to hearing from you.

Yours sincerely,

Head Teacher

# Self Harm Learning Networks

# **FREE workshops for parents and carers**

Join other parents and carers in a safe and supportive environment to hear what is working for them and improve your understanding and skills to prevent and respond to self-harm.

#### Self-Harm Online Safety Training

Join us for an informative session focused on promoting online safety and discussing selfharm prevention strategies. Our experts will cover a range of topics to help you navigate the digital world safely and help you support those struggling with self-harm.

#### Self-Harm and Neurodiversity/ASD

This workshop aims to give you a better understanding of contributing factors, identify what support may be needed, understand and identify early warning signs, increase your knowledge of strategies and approaches and know where to access support.

#### Self Harm, Eating Disorders and Body Dysmorphia

Self harm is very common alongside an eating disorder. This session will consider three common questions: Why is the young person with an eating disorder self harming, how can I best respond to these behaviours, and how can I manage my own feelings and others feelings when supporting them?

### **Dates and times:**

Neurodiversity and ASD	<u>7th May 2024</u>	10.30 - 13.00
Eating disorders and Body Dysmorphia	23rd April 2024	10.00 - 13.00
On-line Safety	<u>6th June 2024</u>	10.00-13.00

#### How do I book my place?

Please reserve your place via the links above, scan the QR code or see our Eventbrite page <u>www.westsussexmind.eventbrite.com</u>. The network events will be recorded and made available afterwards, so book your place now to ensure that you receive the link.

If you have any questions, please contact the West Sussex Mind Training Team on 07468 516818 or email training@westsussexmind.org.













# 29th April 7-8pm

# Come and join us online, we're talking about

# Helping kids back into school





# Book online <u>facefamilyadvice.co.uk</u> go to the PARENT page

SchoolsMentalHealthService@brighton-hove.gov.uk

Sussex Community

### 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 <u>schoolsmentalhealthservice@brighton-hove.gov.uk</u>

### **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 <u>SchoolsMentalHealthService@brighton-hove.gov.uk</u> 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-childrenyoungpeople-cope-with-anxiety-and-build-resilience-tickets-753682654107?aff=oddtdtcreator

### 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 OR 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

#### <u>Day 5</u>

**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 <u>Sharyn.Brazier@brighton-hove.gov.uk</u> or <u>Jo.Roeg@brighton-hove.gov.uk</u>



# 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? + - RYAN FAERS

### Limited spots available in my:

# Year 3 Maths Group

- Understand formal written methods
- Fill in any gaps in Key Stage One understanding

### Year 4 Maths Group

- Build fluency with your times tables
- Pass the multiplication check

# Year 5 Maths Group

- Build foundations for Y6
- Reasoning & Problem Solving

### Year 6 Maths Group

- Get ready for Y6 SATs
- Arithmetic & Reasoning

### **11+ Preparation Group**

- Pass the 11+ with confidence spaces
- Maths, Verbal & Non-Verbal Reasoning

# © Call Today 07848699164

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ryanfaers@gmail.com

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- Marked Homework Task



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