



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



Hove Learning Federation Holland Road Newsletter

Friday 26th April 2024

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.

[Year 3](#)

[Year 4](#)

[Year 5](#)

[Year 6](#)

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
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

1st-3rd May - Year 4 PGL
Residential trip
4th May - Brighton Festival
Children's Parade
6th May - Bank Holiday
10th May - Juniors Class Photos
& Y6 Group Photo
13th-16th May - Year 6 SATs week
24th May - Last day of school -
non-uniform day
27th-31st May - Half Term
break



AT HOME LEARNING FEDERATION, WE CELEBRATE LANGUAGES

LANGUAGE OF THE MONTH

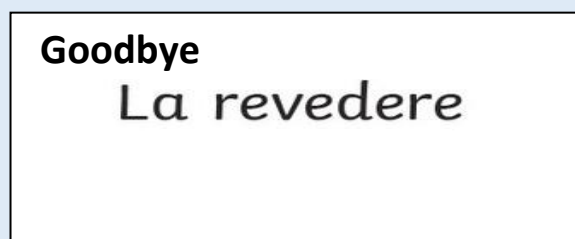
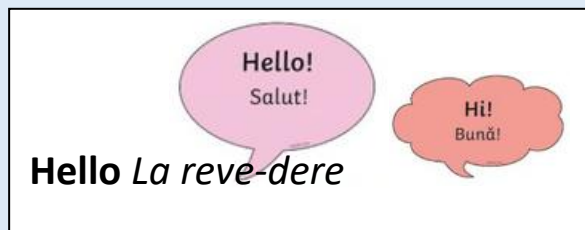
This month we are celebrating

Romanian

Do you speak Romanian? Could you say the days of the week? Would you be able to teach your class how to say hello or how to count to four?



Days of the week in Romanian



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).

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

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 [here](#) 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-date 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 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

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 self-harm 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	<u>23rd April 2024</u>	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 www.westsussexmind.eventbrite.com. 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



FREE

Book online facefamilyadvice.co.uk
go to the PARENT page



Sussex Community **NHS**
NHS Foundation Trust

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

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 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 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

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 or Jo.Roeg@brighton-hove.gov.uk



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?

Limited spots available in my:

RYAN FAERS
TUITION

Year 3 Maths Group

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

First lesson free!

Year 4 Maths Group

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

Current teacher and school leader

Year 5 Maths Group

- Build foundations for Y6
- Reasoning & Problem Solving

One space left!

Year 6 Maths Group

- Get ready for Y6 SATs
- Arithmetic & Reasoning

11+ Preparation Group

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

Two spaces left!



Call Today
07848699164

- Online Group Tuition
- Maximum Group Size of 4
- £25 per hour
- Maths Topic Checklist/Syllabus
- Marked Homework Task



Scan the QR Code to Learn More

 www.facebook.com/ryanfaersmathstutor

 ryanfaers@gmail.com