



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

Hove Learning Federation Holland Road Newsletter

Friday 2nd May 2025

Dear Families,

Welcome back to the summer term, we have had an inspiring start back to school with our stunning starts, and the introduction of our year 4 enrichment week which has given our pupils the opportunity to learn orienteering, circus skills and rope burning activity among many others.

Mixing Classes and Transition

Parents/Carers are invited to speak to their class teacher if there are any complex or historic matters only that we need to be aware of before 12th May. Our annual transition morning will be on Friday 4th July.

Annual Reports July 2025

Our annual pupil reports this year will be sent to parent/carers by email electronically and will be produced by Arbor, the data system we use in school. Reports will go out to families on Wednesday 16th July.

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

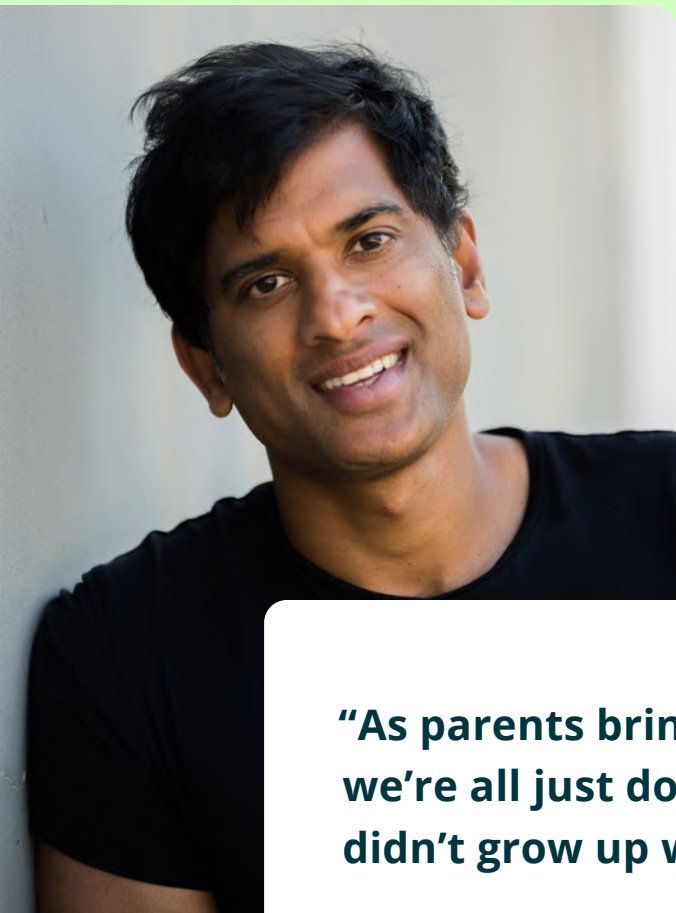
Hove Junior School Inclusion Team
inclusionteam@hovejun.brighton-hove.sch.uk
01273 916609

Best wishes,
Maddie Southern

Diary Dates

- 3rd May** - Children's Parade
- 5th May** - Bank Holiday (school closed)
- 7th May** - Juniors Group Photos
- 8th May** - Infants Group Photos
- 12th - 16th May** - SATs Week
- 20th & 21st May** - Reception trips to Paradise Park
- 23rd May** - PTA Ice Lolly Sale
- 23rd May** - Last day of half term
- 26th - 30th May** - Half Term holiday
- 2nd June** - INSET Day
- 3rd June** - First day back at school for pupils





“As parents bringing up kids in the age of smartphones, we’re all just doing our best in a brand new world we didn’t grow up with.

As a father to a 12 and 14-year-old, I know first-hand how hard it is, which is why I’ve teamed up with Smartphone Free Childhood.

I love what this grassroots movement is up to, providing support and empowerment to parents across the UK, because I believe this is the most urgent public health issue of our time. It’s not just a parent issue, it’s a human issue.

I’ve collaborated with them on some top tips to help you navigate this – whether your child has a smartphone already, or you’re feeling the pressure to get them one.”

5 tips for parents deciding when to get their child a smartphone

If you're worried about giving your child a smartphone but don't want them to feel left out, you're not alone. Many parents are facing the same dilemma. Here are five practical tips to help you decide when—or if—it's the right time.

01. Educate yourself about the issue

Before making any decisions, take some time to understand how smartphones can impact young people's mental health, sleep, and focus. Watching the Channel4 documentary [Swiped](#), on which Dr Chatterjee is the expert voice, is a great start.

02. Have open conversations

Talk openly with your child. Share your concerns, but also listen to how they feel. Explain that this decision is about supporting their health and future, not just enforcing rules. Honest conversations build trust and understanding.

03. Discuss the benefits of being smartphone-free

Help your child see the positives. Without a smartphone, they have more time for hobbies, spending quality time with friends, and building independence. Focus on what they'll gain, not what they're missing.

04. Offer alternatives

If they feel left out or are concerned about not having a particular app, consider letting them use it on a shared family device so you can keep an eye on what they're up to. Or get them a simple phone – there are loads of good options which enable them to keep in touch, without the potential risks of the internet or social media. Check out our guide to the best [simple](#) phones.

05. Sign a Parent Pact with others

The [Parent Pact](#) lets you join a community of like-minded parents waiting until at least Year 9 to get their child a smartphone. See how many others have signed in your child's school and year group, and connect with them via your regional Smartphone Free Childhood WhatsApp group, to reduce the peer pressure.

Delaying doesn't mean forever – it can simply involve waiting a few more years until your child's better able to deal with the digital world, and giving a simple phone in the meantime.

5 ways to help your kids build healthier smartphone habits

Smartphones have been around for barely 15 years, and as parents, we're still figuring out how best to navigate bringing up kids in the digital age. If your child already has a smartphone, it's never too late to help them build healthier habits. Here are five simple steps to support them.

01. Set up parental controls

Use parental controls to limit screen time, block inappropriate content and ensure their device is as safe as it can be. Most phones have built-in options, or you can explore third-party tools for more control.

02. No phones at mealtimes

Set a rule: no phones at the table. This encourages real conversations and helps everyone stay present and connected in real life for regular times each day.

03. No phones an hour before bed

Phones before bed can disrupt sleep. Set a rule that phones go away at least an hour before bedtime. This helps reduce blue light exposure, allowing your child to get a better, longer night's sleep.

04. Take a break

Introduce regular phone-free times, like 'Smartphone Free Sundays' or family outings with no screens. These breaks give everyone a chance to disconnect, recharge, and connect with each other face-to-face.

05. Create tech-free zones

Establish tech-free zones in your home, particularly in bedrooms. Alone at night in their bedroom is where kids are most likely to come to harm via their smartphone, so a no phones in the bedroom rule keeps them safe and promotes better, deeper sleep.

These boundaries help your child build a healthier relationship with tech so that they can thrive at school, with friends and at home.

Smartphone Free Childhood is a grassroots movement bringing parents together to stand up for healthier, happier childhoods.

Founded in February 2024 after one WhatsApp group went viral, we're now a community of over 175,000 parents working together to change the culture around kids and smartphones.

We've made it our mission to provide solidarity, support and solutions to parents who are struggling with what's become one of the defining parenting challenges of our time.

Here's how you can get involved:



Sign the [Parent Pact](#) - make an online pledge to wait to give your child a smartphone until at least Year 9, and see how many others in your school and year group have signed too.



Join your regional [SFC WhatsApp](#) community (there's one in every county in Britain!), to meet other parents in your school or neighbourhood for solidarity, support and inspiration.



Subscribe to our [newsletter](#) for all the latest resources, ideas and updates from the campaign.

Schools Mental Health Service



Does your child struggle to go to school?

Regular drop-in sessions for parents/carers of children/young people struggling to go to school.

Hosted by Family Support Workers, the sessions are a space to access information and support and meet other parents facing the same challenges.

Tuesday 22 April online 7 – 8.30pm

Wednesday 7 May 10 -11.30am at Alcampo Bar, London Rd

Tuesday 3 June online 10 – 11.30am

Tuesday 8 July 10—11.30am at Alcampo Bar, London Rd

To find out more or book onto the online sessions, please email Jo Roeg: jo.roeg@brighton-hove.gov.uk



Level 1 & Level 2

CYCLE



TRAINING

at Preston Park and Hove Park



Level 1 is where you will learn to control your bike.

Level 2 is where you start with real traffic, but sticking to quiet roads.

Tuesday 27 – Friday 30 May

10am – 12.30pm each day

Ages 9 –15

Places are limited and on a first-come first-served basis.

Level 1 – Riders **must** be able to ride independently with confidence and without stabilisers.

Progression to Level 2 training is depended on meeting all level 1 modules to National Standards Level.

Levels 1 & 2 together is £47 per person.

To book your place visit:

<https://cycling.envelope.host/courses/>

or contact Emily Tester on 01273 293847 or email: east.central@brighton-hove.gov.uk



**Brighton & Hove
City Council**

Level 3

CYCLE



TRAINING

at Preston Park
and Hove Park



Tuesday 27 – Thursday 29 May

1.15pm – 3.15pm each day

Ages 11 – 15

All children must have attended a level 2 course and allowed 3 months practice between levels.

All trainees will be assessed on level 2 outcomes before progressing further.

Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.

Level 3 training costs £52 per person.

To book your place visit:

<https://cycling.envelope.host/courses/>

or contact Emily Tester on 01273 293847 or email: east.central@brighton-hove.gov.uk



Brighton & Hove
City Council



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SCHOOL
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Hove Junior School

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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.



SUMMER DISCOUNT

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Sky Polo
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WANT TO FEEL CONFIDENT IN YOUR YEAR 6 SATS?

Limited spots available in my:

 RYAN FAERS
TUITION

Year 6 Maths Group

Tuesdays (5.00-6.00pm) weekly

- Arithmetic & Reasoning papers
- Interactive quizzes
- Modelled examples

One
space
left!

First
lesson
free!

Current
teacher
and school
leader

This half term in Maths:

- 07/01 - Multiplying decimals by integers
- 14/01 - Dividing decimals by integers
- 28/01 - Understand percentages
- 04/02 - FDP equivalents
- 11/02 - Percentages of an amount - 1 step
- 18/02 - Percentages of an amount - 2 step

Year 6 English Group

Mondays (5.30-6.30pm) weekly

- Reading and Grammar papers
- Comprehension skills
- SPaG applied in writing tasks

Two
spaces
left!

This half term in English:

- 06/01 - Punctuating boundaries
- 13/01 - Non-Fiction comprehension skills
- 27/01 - Word classes
- 03/02 - Poetry comprehension strategies
- 10/02 - Punctuating sentences
- 17/02 - Fiction comprehension skills



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 ryanfaers@gmail.com

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