



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



Hove Learning Federation Holland Road Newsletter

Thursday 28th March 2024

Dear Families,

With the Easter break very nearly here, I wanted to take this opportunity to update you on what the governors have been doing this term, let you know about governor responsibilities and reflect on some of the successes of this term. In my short term as Chair of Governors, I have been incredibly impressed with the leadership of the school and the quality of curriculum and pastoral care of the children at Hove Learning Federation.

New Parents' Meetings

Governors attended the new parents' meetings held at both infant and junior schools at the beginning of this term. The staff presented a very enjoyable and informative video about teaching approaches they have introduced over the last year. Approaches that were mirrored in the classrooms as we walked round. The classrooms were supportive and engaging with some exceptional art displays. The main takeaway, as commented by prospective parents on the tour, was how calm and focused the children were in lessons, which is a credit to all the staff's hard work.

Safeguarding focus: Lisa Marshall

As the Safeguarding Link governor, my role is to monitor our schools' safeguarding systems and procedures. I recently met with Naomi Miller, our Mental Health Lead, to dive into all the fantastic work the schools are doing to support positive mental health. I was hugely impressed by how the Inclusion Team work together and support each other to constantly reflect, learn and develop best practice across our schools, and it was especially lovely to hear about the work our amazing pupil mental health ambassadors are doing to promote 'voice boxes' across the school and in the playground.



Maths focus: David Karp

Governors were recently invited to a maths subject review, which was very well run and well structured. It involved lesson observations, looking at lesson plans and a closer look at pupils' work. There is always a particular focus to a subject review, and this time it was looking at how we ensure that pupils with SEND (Special educational needs and/or disabilities) are supported.

It was a pleasure to see the children so engaged and clearly enjoying maths activities in the classes that we visited. Teachers had put great effort, thought and care into designing lesson and learning materials that would support every child in the class. We observed specific support for some learners, which included pre-teaching key parts of what they would be learning to boost their confidence and help them make progress during the whole-class lessons.

We are very lucky to have such an enthusiastic, dedicated, engaged team of subject leads (Jess Bray, Charlotte Hudson, Clare Kelly, Keith Kelsey) who work cohesively across both schools of the federation to drive ongoing improvement in maths.

Early Years Foundation Stage (EYFS): Ella Livingstone Greer

I met with Linda Rogers for an EYFS link meeting. It was great to hear about the developmental work that has gone into the Science and History curriculum in EYFS this year and how the EYFS team are working to support DA, EAL and SEN pupils.

It was impressive to see the progress that had been made by these pupils throughout the Autumn term. I was really interested to hear about the work that has also been done to develop an anti-racist and inclusive curriculum in EYFS. This meeting offered the opportunity to begin to understand the extensive work that has gone into developing EYFS this year.

Whilst we receive lots of reports and data as governors, it made such an impact to have the time to look at parts of the curriculum and to appreciate first-hand the breadth and scale of the work that Linda has done with the team in EYFS. A huge thank you to all the EYFS team for all the hard work in developing such an enriching early years curriculum.

Artsmark Silver Award

Congratulations to the Art team: Niamh O'Shea, Elen Stratton, Emily Harrison, Sebastian Cheng and Laura Giles on achieving the Artsmark Silver Award this term. Governors at a recent curriculum meeting saw first-hand how sketchbooks are used as a record of skills, knowledge, progress and achievements. This is a wonderful record for both children and parents/carers through their primary years. It has also resulted in establishing important, positive links with the local community by supporting local hospice 'Martlets' and working with local artists during the KS2 art weeks. The team has worked hard towards achieving this award and providing such an enriching curriculum for the children.



Governors Focus Areas

Governors work closely with the leadership team to drive the strategic development of the school and raise standards of achievement. We are allocated focus and specialist areas across the main priorities of the school. We then undertake meetings with senior leaders and subject leads as well as monitoring visits in the school to observe practice.

Lisa Marshall – Finance and leadership/ Safeguarding /Health and Safety

Louise Wilkinson- SEND/ Health and Safety

David Karp- Maths Link

Barbara Bush –SEND

Anne Marie Williamson - Anti-Racist strategy, Equality and Inclusion, Pupil Premium

Marcel Armour - Finance and Leadership

Emer Gardener - Finance and Leadership / Health and Safety

Jo Corbett - Finance and Leadership

Ella Livingstone Greer – Early Years

Abby Hedger Jones – Environment

Nick Jefferson -English Link / Finance and Leadership

The governors would welcome comments about what we do and what we could be doing better. If you would like to contact us, please email: michellemccann@westhove-inf.brighton-hove.sch.uk

Next term we will be looking for a new parent/carer to join our governing board, so please look out for those details and get in touch if you would like to discuss this opportunity to support our wonderful schools.

A huge thank to all the school staff for their dedication and hard work in maintaining such high standards in both the curriculum and pastoral care at Hove Learning Federation.

As the end of term approaches, we wish you all a safe and restful holiday.

All the best,

Nick Jefferson

Chair of Governors

Hove Learning Federation



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

Diary Dates

29th March - 14th April - Easter holidays

15th April - First day of Summer Term

15th - 17th April - Y6 Residential Trip

19th April - Infants Class Photos

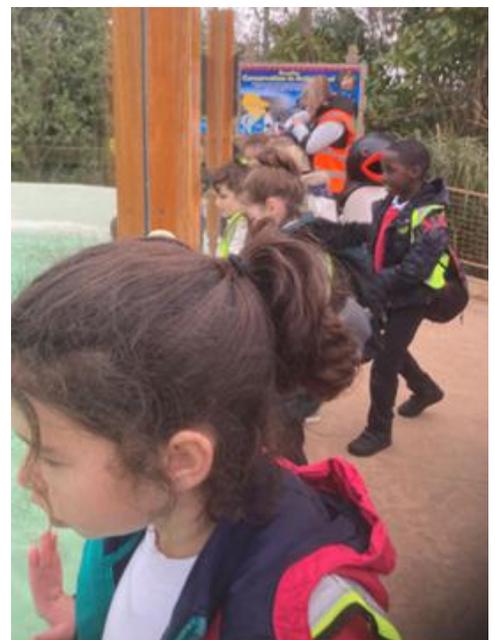
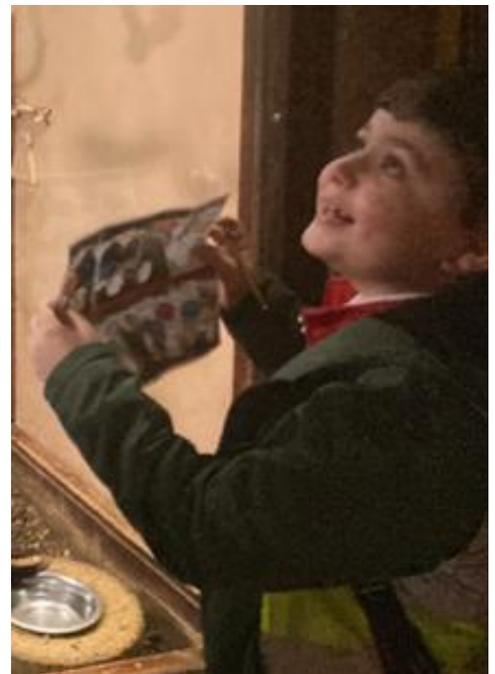


Year 2 Trip to Drusillas



This week, the Year 2s visited Drusillas park and what a fabulous time we had.

Highlights were learning more about Rainforest animals, meeting 'King' the snake and our train ride through Kenya!



Year 2 Trip to Drusillas

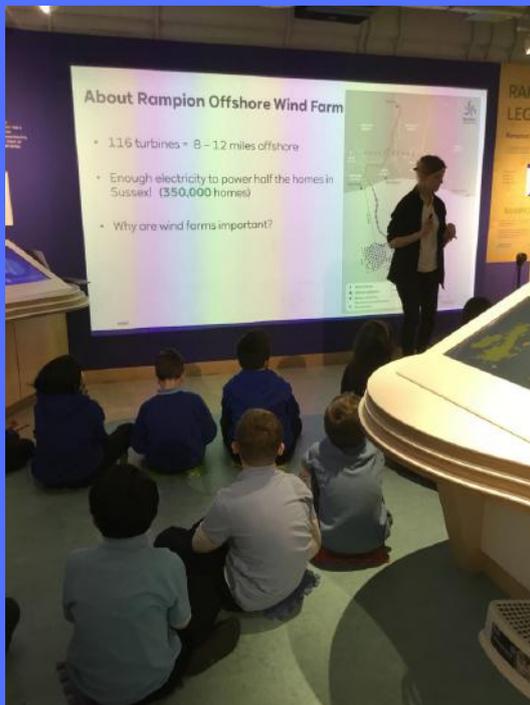


Year 3 Fabulous Finish

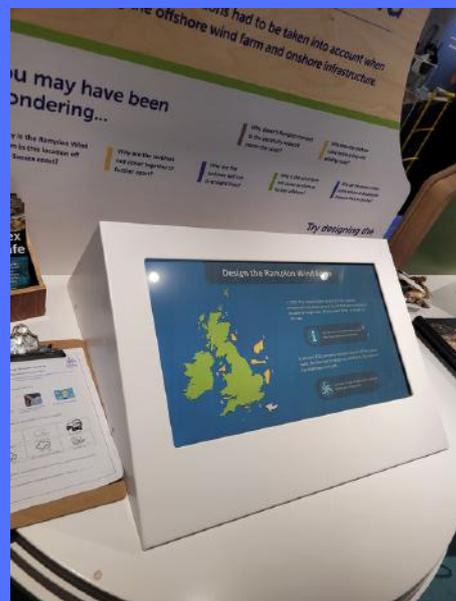
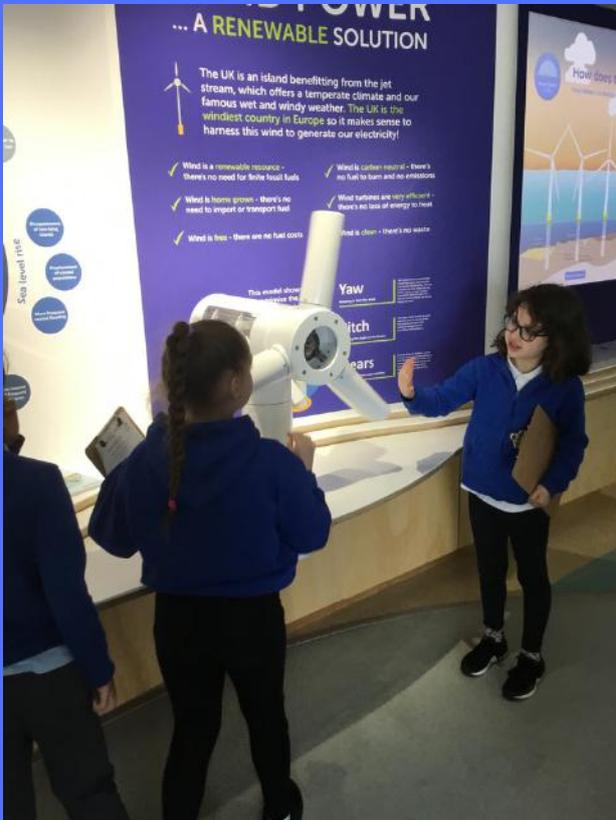
As the Fabulous finish to our 'Trash to Treasure' topic, Year 3 visited the Rampion Wind Farm Visitor Centre.

The children had an opportunity to investigate wind speed and loved using the anemometers. They also got to explore the Windfarm Visitor Centre, which involved interactive activities. The children had a wonderful time and represented the school beautifully.

Thank you to all the parent/carers who came along with us on the day. We are very grateful for your support.



Year 3 Fabulous Finish



Let's Dance 2024!

On Wednesday 20th March, for the first time ever, year 2 and year 5 collaborated in a Hove Learning Federation Let's Dance performance at Brighton Dome. What a night it was!

Here's is a very special write up from two of our year 5 pupils who took part-

“Let's Dance was a very exciting and enjoyable experience. It was a mix of year 5's and year 2's. We were very nervous off stage but when we got on, we had a great time! We got to watch the first half so that made us less scared but even though we were less scared, we were all still nervous.

After the first half was done, it was the interval where we all went to our dressing room- we made our final preparations, tied red ribbon in our hair and were ready to go on stage!

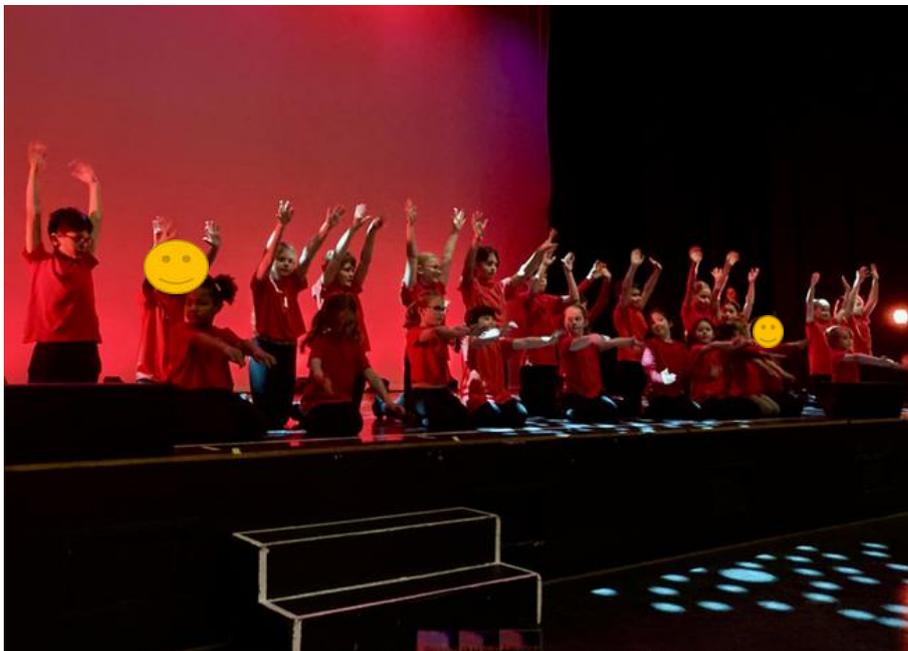
Finally, we heard the music start. We all walked on and performed our dance. We didn't know where to look with all the bright lights and huge crowd but we knew we had a good time. When we were finished, the lights went off and the crowd went wild!”

Anna and Ivy – 5 Sapphire

Year 5 child as they came off stage- “Well I've just found a new best experience of my life”.



Let's Dance 2024!



Let's Dance 2024!



Measles - message from Public Health Schools

So far, we have not seen any measles cases in Brighton and Hove – however, the number of measles cases continue to rise around the country and abroad, mainly in children who have not had the MMR vaccine. With the Easter holidays fast approaching and possible travel being planned we are reminding everyone to be measles aware and ensure your children are vaccinated with the MMR.

Measles is a highly infectious disease which can lead to serious illness.

The measles, mumps, and rubella (MMR) vaccine provides excellent protection against measles, and it is free on the NHS.

Children are offered the first dose of the MMR vaccine at one year and the second dose at 3 years 4 months, but they can be given with as little as a one-month gap between doses, depending on age.

What should you do?

To see if your child is up to date with their MMR vaccine, check their red book, or contact your GP practice. If anyone has missed one or both doses of the MMR vaccine, contact your GP practice to book an appointment.

It's never too late to catch up on your MMR vaccination. Find out more about MMR vaccinations on the NHS website. <https://www.nhs.uk/vaccinations/mmr-vaccine/>

Measles signs and symptoms

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

A rash usually appears a few days after the cold-like symptoms - The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

More information about measles, symptoms and actions you can take are on this 0-18 NHS website. information on this website is available in many languages and has the Recite me facility.

If you or a family member develops any symptoms of measles, contact your GP by phone. Please do not go to your GP, walk-in centre, or any other healthcare setting without calling ahead, as measles is very infectious.



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

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

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**

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

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

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.