



19/7/24

FRIDAY NEWS

Nº 39

Dear Parents/Carers,

It has been an absolute pleasure to be part of the children's academic journey this year at Alverton School. As we reflect upon all their opportunities this year you cannot help but feel hugely proud of all the children's achievements.

The academic, extra curricular and community project opportunities that your children have been involved in throughout this year would not have been as successful without the dedication and commitment from our whole staff team and I am sure you will join me in thanking them for all that they have contributed.

Our outgoing Environment Minister, Teddy has put into words his overview of the year which I'm sure you will enjoy reading.

*In Key Stage 1 we all know about the fantastic bee hives and bee keepers that Year 1 and 2 made in Art with Miss Williams. Kerris have done a lot of litter picking around the field , Lanyon have asked if they can run fundraisers to help save the environment and Trencrom also did some brilliant homework about keeping cars out of the Alverton area. In Upper Key Stage 2, we have done a PSHE lesson about trees and how they help the environment by producing oxygen. We have also been enjoying our camps. In Year 3 children went on a school trip to the Seal Sanctuary, Year 4 went surfing at Gwithian and then had pizza back at school. Year 5 had three days at Porthpean where they went rock climbing, caving, went in the sea and had a silent disco. Year 6 went all the way to London and visited the War Museum, St Paul's Cathedral and Covent Garden as well as going on the London Eye and having a fantastic day at Legoland.*

It leads me to thank you for your continued support and I look forward to welcoming you back in September following a restful and happy break.

Best wishes

Laura Simpson

Acting Deputy Headteacher

**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Laura Simpson (Designated Safeguarding Lead) at [lsimpson@alverton.tpacademytrust.org](mailto:lsimpson@alverton.tpacademytrust.org) or, if it is out of school hours, please contact the Multi Agency Referral Unit on 0300 1231 116;  
E-mail: [multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk)

**THIS IS OUR**

**HELP YOUR SHELF**

**How it Works**

**It’s all free.**

**Take what you need, whenever you need it.**

**No Questions Asked – No Judgements Made**

**Give what you can if you would like to.**



**School Uniform for PE**

We would like to let you know a change to our PE uniform in September for Years 1 to 6 regarding the colour of t-shirt the children can wear for PE. Children will continue to wear plain black shorts and can wear either a plain white polo shirt **or a plain red polo shirt.**

We have made this change in response to a parent’s request and hope you will find it helpful.

In the colder months, it is important that the children are dressed appropriately for outdoor PE and they may continue to wear a school tracksuit (or plain **black** bottoms and their **red** jumper / cardigan / school PE hoodie) for outdoor games.

Full details of our uniform policy, together with our Uniform Parent Guide can be found at <http://www.alverton.org.uk/web/uniform/86630>

**Outstanding money owed**

All debts remaining on Schoolmoney should be paid by next **Wednesday 24th July** at the latest as no debt can be carried over to next year.

**Thank you**

A huge thank you to Esther’s (in Kittiwakes) Mum who raised over £60 towards balance bikes for Reception from her business ‘Roo’s’ on the Prom.

**The last day of the Summer term is Tuesday 23rd July at normal time 3.15pm. There is an INSET Day on Tuesday 3rd September when school is closed to pupils and the Autumn term begins on Wednesday 4th September at 8.45am.**

Some of our staff represented us recently at the TPAT Long Service Awards. We have a few members of staff who have been at Alverton for over twenty years and this was celebrated with a ceremony and cream tea last week.



Very many congratulations to them all and a huge thank you from us for being so amazing!

### Menu changes next week

Due to changing suppliers, our catering staff are running down their stocks.

#### Monday 22nd July

Chicken & sweetcorn mash pie

Veggie cottage pie

Jacket potatoes

#### Tuesday 23rd July

There will be a choice of various meat or veggie hot meals

Jacket potatoes

**There will be no tomato pasta or sandwiches on either day.**

## OUR HOUSEPOINTS TOTAL THIS YEAR



★ 1014



962



896



796



## A Big Thank You!

A huge thank you to everyone from FOAS and all the volunteers who did such a fantastic job last Friday running the Summer Fair. We are so grateful to you for making this wonderful event happen. Thank you too for your support if you donated a raffle prize, bought some raffle tickets, paid for a wrist band or bought a cup of tea. All the funds raised will go to supporting your children in school.







## Cornwall Partnership NHS Foundation Trust

The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can be delivered over the telephone, via text, email or web chat. Call free on **0800 001 4330**.



Family  
Line

0808 802 6666



0800 1111

0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)  
**mind**  
for better mental health

Download this image onto your phone for **when you might need help**



**Samaritans:** 24h  
Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

116 123

**Shout:** 24h  
Text service, free on all major networks, for anyone in crisis anytime, anywhere.

• If you're over 18, text the word **SHOUT**

• Under 18s, text **YM**

Text: **85258**

### Cornwall's 24/7 NHS mental health support

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help

0800 038 5300

### Valued Lives:

Supports people who are experiencing mental or emotional distress in Cornwall. Every day, 5.30pm - midnight.

01209 901438

If you, or someone else, is in immediate danger call **999**



[www.cornwall.gov.uk/mentalhealth](http://www.cornwall.gov.uk/mentalhealth)

If you're worried about a child:

0808 800 5000  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Veryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help.

The Foodbank are extremely busy at the moment and are very grateful for any donations.

citizens  
advice

0344 411 1444

ON YOUR SIDE  
NO MATTER WHAT

0800 58 58 58 | [THECALMZONE.NET/WEBCHAT](http://THECALMZONE.NET/WEBCHAT)

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM

"It's alright to ask for help"

SAMARITANS

116 123

NATIONAL DOMESTIC  
VIOLENCE HELPLINE  
0808 2000 247  
24/7 CONFIDENTIAL  
FREEPHONE

AT HOME  
SHOULDN'T  
MEAN  
AT RISK

#YOUARENOTALONE

FIND SUPPORT AT:  
[gov.uk/domestic-violence](http://gov.uk/domestic-violence)

WCWAid

West Cornwall Women's Aid

01736 367539

<https://www.wcwaid.co.uk/helpline>



# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The National College®

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.07.2024

There is a lot of help and advice available to help you keep your children safe online. Have a look at the Online Safety section of our website for lots of useful information and links [http://www.alverton.org.uk/website/online\\_safety\\_for\\_families/246722](http://www.alverton.org.uk/website/online_safety_for_families/246722). Your child's teacher will also always be happy to talk to you about online safety.

## Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website [http://www.alverton.org.uk/website/pupil\\_premium/172518](http://www.alverton.org.uk/website/pupil_premium/172518) or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Simpson who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, you can call the Free School Meals team on 01872 323298 and a member of the team will call you back to complete the application over the phone.

A child is eligible for free school meals if their parent / carer (or the child themselves) receives any of the following benefits:

- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Support
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get) as assessed by earnings from up to three of your most recent assessment periods

If you are claiming the benefits listed below you are NOT eligible for free school meals, regardless of what other benefits / credits are being claimed:

- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

NB All Reception, Year 1 and Year 2 pupils are entitled to receive a free school meal as part of the Universal Infant Free School Meals (UIFSM) initiative, regardless of what benefits are being claimed. However, some children in Reception, Year 1 and Year 2 may also have an entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.



## STARS OF THE WEEK

	Little Foxes	Freyr	for playing nicely & sharing with his friends
	Little Owls	Ralph	for his outstanding confidence during graduation
★	Kittiwakes	Tilly	Enthusiasm: for showing enthusiasm for everything we do
	Curlews	Isaac	Kindness: for being kind & gentle at all times
	Puffins	Arty	Enthusiasm: for being so enthusiastic about your learning
★	Owls	Neve	Respect: for being a wonderful member of our class, respectful to all
	Kingfishers	Violet	Enthusiasm: for her super fairy tale story
		Freya	Enthusiasm: for her amazing abstract art
		Charlie	Enthusiasm: for his super fairy tale writing
★	Trencrom	Danielius	Perseverance: for working extremely hard on his Maths
	Lanyon	Jack	Perseverance: for never giving up on our surfing trip
	Kerris	Lealou	Responsibility: for being a sensible, responsible member of Kerris
★		Gia	Respect: for always treating everyone with respect & kindness
		Flo	Enthusiasm: for having a fantastic year & making excellent progress
★	Bodrifty	Piper	Kindness: for being such a kind & caring member of Bodrifty
		Scarlette	Kindness: for being such a kind & caring member of Bodrifty
★	Bosigran	Cody	Enthusiasm: for always working extremely hard
	Kenidjack	Brodie	Respect: for being a fantastic role model & showing respect
	Lunchtime Star	Reece	Responsibility: for showing great responsibility throughout Year 6
		Bowen	for his lovely smile & manners

I cannot understand where the year has gone, but gone it has. It feels as if one moment we were at the start of a new academic year, then suddenly Christmas was upon us, followed quickly by Easter and now we have one week and 2 days left! The speed of the year whizzing by never ceases to surprise me and I suspect the same may be said of you as parents and carers. The fact remains that the year has almost reached its end and we are all shattered and gearing up for the summer holidays. Is it exciting for you? Is it easy for you? For some of you it will be, for others, no. Child-care arrangements to be made, grandparents to be cajoled, work hours to be juggled, and that's just the practical arrangements. I haven't even mentioned the cost, the weather and the potential bickering from children who are out of routine and possibly missing the familiarity of school. How are you all? Will you be okay? Can you manage? If you feel it's too much I can't help with many things but if you want a good moan before the holidays or even if you need one after, remember I'm here to listen. Mrs Daylak xxxx







## DIARY DATES

Tuesday 23rd July 1.30pm	Year 6 Leavers Assembly
Tuesday 23rd July	School closes at 3.15pm for the Summer holidays
Wednesday 24th July	INSET Day - school closed
Thursday 25th July-Monday 2nd September	Summer holidays
Tuesday 3rd September	INSET Day - school closed
Wednesday 4th September	School opens for the Autumn term



Hello, I'm Annie and you may have met me at the Summer fair, making wonderful medals with the kids. I run Little Artist sessions in school and at Woodlands. I'm also a mum to Felix in Curlews. 

I wanted to introduce myself, as I'm running the Summer Art Camps over at Woodlands and although a lot of the children know me it's nice for you, as parents, to be able to put a face to a name! 

We still have a few spaces if your child wants to join us!




# Little Artist SUMMER CAMPS

AGES  
5-11 YRS

**10-3 DROP OFF SESSIONS  
BRING A PACKED LUNCH!**



£40  
PER DAY  
PER CHILD

Woodlands Nursery  
Alverton School

newlynlittleartists@  
yahoo.com

EMAIL ANNIE TO BOOK  
OR FOR MORE INFO!

LEGO TABLE,  
BOARD GAMES  
AND DOODLE  
AREA ALSO  
AVAILABLE!



Indoor & outdoor  
Work Spaces, with  
Play & Picnic  
area for lunch!

**TUES JULY 30TH - SPACE EXPLORERS**  
3D ROCKETS, ASTRONAUTS, CLAY ALIENS.

**TUES AUG 6TH - SPECIAL TINY HOMES**  
DESIGN & FILL YOUR OWN 3D TOWNHOUSE

**TUES AUG 13TH - DREAM TREEHOUSES**  
BUILD YOUR DREAM TREEHOUSE ON A REAL WOOD BRANCH

**TUES AUG 20TH - JUNGLE EXPLORER**  
CREATE A 3D LAYERED JUNGLE SCENE, WITH HAND PRINTED FLOWERS.

**TUES AUG 27TH - BIG TOP CIRCUS**  
MAKE A BIG TOP CIRCUS TENT, ARENA & PERFORMERS






**WEEKLY SESSIONS ALSO  
RUNNING IN TERM TIME &  
THROUGHOUT THE SUMMER  
HOLIDAYS, FOR KIDS  
6 MONTHS TO 5YRS**





# Summer Active Holiday Camp

Monday - Thursday

10.00am - 2.00pm

5-16 years old

Mounts Bay Academy TR18 3JT

22nd - 25th July • 29th July - 1st August

5th - 8th August • 12th - 13th August

St Marys Catholic School Pz TR18 2AT

Follow QR code for dates

£18 a day or free for FSM

Transport if 3+ miles away - follow QR link below

Lots of fun, play and action!

Football  
Swimming  
Trampolining  
Arts and Crafts

Slip and Slide  
Rugby  
Tennis  
Benchball

Biking  
Badminton  
Dodgeball  
Cricket

Mounts Bay Academy

St Marys C  
(with Swimming)

Transport



Email: [holidaycamp@mountsbayacademy.org](mailto:holidaycamp@mountsbayacademy.org)



Department  
for Education





# ***BELIEVE DANCE EVENT***

***A WEEK OF DANCING, SINGING, CRAFTS AND MUCH  
MORE. OPEN TO EVERYONE 5 YEARS +***

**FREE!!  
for children in  
receipt of FSM.  
For all non FSM  
£20 for the week**



***MONDAY 12TH AUGUST - SATURDAY 17TH AUGUST.***

***10AM-4PM EVERYDAY***

**WORKSHOPS IN ALL DANCE STYLES. SINGING  
WORKSHOPS & CRAFTS EVERY AFTERNOON  
MONDAY 12TH - FRIDAY 16TH AUGUST 10AM-4PM  
FOLLOWED BY A SHOWCASE ON  
SATURDAY 17TH AUGUST.  
HELD @ MOUNTS BAY SCHOOL.  
ALL NON FSM ONLY £20 PER PERSON FOR THE WEEK**



Follow this link to book:  
<https://www.activecornwall.org>



**CHARLOTTE : 07919062831**



**WWW.BELIEVE-ACADEMY.CO.UK**



**INFOBELIEVEACADEMY@GMAIL.COM**