

Dear Parents and Carers

This week has been a very busy one! We started the week with an assembly on respect. We talked about the importance of mutual respect in all areas of life, from sports teams and clubs, to friendships and peers. We reinforced our golden rule - 'Treat others how you would like to be treated' - and it was lovely to hear some stars of the week being recognised for demonstrating this across the school. The children were also hugely respectful during our Remembrance Service on Monday, with our ministers reading a poem to all before our silence begun. The children produced a beautiful display of wreaths.



It's been lovely this week to see the children getting out and about in the local area. On Monday we sent some girls from Year 5 and 6 to take part in a girl's football tournament. They had such a fun time playing and weren't worried if they won or lost - they were just grateful to take part! On Tuesday was our cross country event - much less muddy than before but still just as fun!



Some of Year 5 visited the Minack on Wednesday to take part in the Shakespeare Festival where they performed an act of Macbeth. They did a wonderful job on stage - what a great experience for them! We also had a great success this week with our hockey team - they attended another tournament and won every game! Great sportsmanship from all involved - well done!

Today, Year 4 have visited St Michael's Mount where they were taking part in the Penlee Gallery Climate Change Project. This was such a great event to be part of, and I can't wait to hear all about it!

Have a great weekend!

Nichola Smith
Headteacher

Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@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

Club cancellations

Year 3/4 Computing will be cancelled on **Wednesday 27th November** as Mrs Stellon has a course. The last one will take place on Wednesday 4th December.

Year 5/6 Art will be cancelled on **Wednesday 20th and Wednesday 27th November** as Mrs Williams has a course. The last one will take place on Wednesday 4th December.

All clubs (apart from Computing and Year 5/6 Art) finish in the week ending Friday 29th November.

Wanted!

Our current mud kitchen is looking very old and sad. If anyone has any suitable wood they could spare or even volunteer to build a new one, we would be very grateful. Please get in touch with the office. Thank you.

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.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

Menu change

Aspens have changed the menu for Thursday 21st November to a special Bonfire night theme.

This will be Blazing Bonfire Bangers or Quorn Bonfire Bangers instead of meatballs or veggie meatballs.

You will be able to see these new choices when you log in to choose your child’s meal. If you made your child’s choice before this was changed over, please check your child would like the new choices. Thank you.

Online Parenting Courses - Family Lives

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you may be looking for and many parents may find themselves lost amongst all the contradictory advice. Family Lives has produced a series of free online parenting courses and, if you are interested, please follow the link below:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free (from landlines and most mobiles) helpline service for families in England and Wales (previously known as Parentline). They can be contacted on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

If your child is looking for inspiration for books or authors, or you're looking for something new for family reading time, then head to booksfortopics.com who have a huge range of fantastic book recommendations and reading lists! We always have their recommended book lists for each year group available for you to pick up in our foyer and, while you're there, why not check out the Book Swap too!



Action for Alverton Christmas event

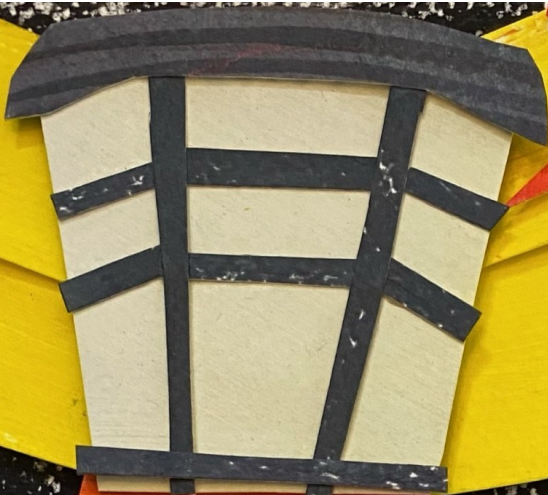
December 13th at 6pm at The Pirate Inn

The local residents committee 'Action for Alverton' have informed us that they are organising and funding a Christmas event which includes a visit and gift from Father Christmas free for all children under 10 years who are residents of the Alverton estate (non-residents may register for a small fee of £2 per child).

Booking forms are available in the School office for those wishing to secure a gift for their child. Please complete and hand back in to the office.



ALVERTON
SCHOOL



FOAS

Together
we
raised...

£172

Thank
you!

Halloween





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

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



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

If you're worried about a child:

0808 800 5000

help@nspcc.org.uk

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

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

WCWAid

West Cornwall Women's Aid

01736 367539

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

What Parents & Educators Need to Know about

FORTNITE



WHAT ARE THE RISKS?

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO Items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman to other games such as Street Fighter. This means you could have children asking questions about the monster from Alien or Geralt from The Witcher a little sooner than you otherwise might have.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

Advice for Parents & Educators

MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

BE WARY OF SCAMS

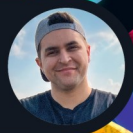
The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure any young player knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 12.04.2023 Last reviewed: 30.10.2024

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. 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 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	The Whole Class	for lovely walking on their Children in Need penny walk
	Little Owls	The Whole Class	for lovely walking on their Children in Need penny walk
	Kittiwakes	Vincent	Enthusiasm: for being an enthusiastic & responsible member of the class
	Curlews	Amaya	Enthusiasm: for huge enthusiasm for carpet time, especially phonics
	Puffins	Toby	Respect: for following instructions especially in his drumming lesson
	Owls	George T	Enthusiasm: for great enthusiasm in our English lessons
	Kingfishers	Luna	Responsibility: for taking ownership of her learning & trying hard
	Trencrom	Ruby	Enthusiasm: for working hard this week in all lessons
	Lanyon	Freddie	Perseverance: for exceptional work in Maths
	Kerris	Millie TA	Enthusiasm: for always working hard & trying her best
	Bodriftly	India	Responsibility: for being such a lovely member of Bodriftly
	Bosigran	Maja	Enthusiasm: for incredibly imaginative writing & great enthusiasm
	Kenidjack	Scarlette	Perseverance: for her positive, can-do attitude towards her Maths
	Lunchtime Star	Blake	for always thanking the canteen staff

I hope you had a good weekend (though it seems so very long ago as I write this) and were ready for our first full week back this half term. I also hope that all is well in your world. I had a carer asking for advice this week about a child who often refused to do what they had been asked to do so I had a rummage and came up with this from the NHS website. It's simple, effective and gives a sense of 'it's okay to do what you feel is the right thing for you and your child'. Do what feels right. What you do has to be right for your child, yourself and the family. ... Do not give up. Once you've decided to do something, continue to do it. Be consistent. ... Try not to overreact.



... Talk to your child. ... Be positive about the good things.
 ... Offer lots of praise when children respond positively...
 It isn't easy looking after children, and they continually challenge us to be creative with our parenting and supportive methods. They certainly take a lot of energy and time, are fully demanding but so very rewarding that all is worth it. It's also okay to ask for help... Good luck and I'm always here for any advice or just to listen. Best wishes, Mrs D xxx.

DIARY DATES

Friday 29th November	All clubs finish (except Computing & Year 5/6 Art)
Monday 2nd December 9.30am	Advent Service <i>Followed by coffee and mince pies</i>
Tuesday 10th December 9.30am and 2pm	Reception Christmas performance - school hall <i>Details to follow</i>
Thursday 12th December 2pm and 6pm	Key Stage 1 Christmas performance - school hall <i>Details to follow</i> <i>Please can children attend both performances</i>
Friday 13th December	Pupils Christmas lunch (main school) <i>Please book online via Aspens Select</i>
Wednesday 18th December	Nursery Christmas lunch
Thursday 19th December 6.30pm	Key Stage 2 Carol Concert at Chapel Street Methodist Chapel
Friday 20th December 3.15pm	Last day of term for main school and Woodland Nursery
Monday 23rd December - Friday 3rd January	Christmas holidays
Monday 6th January 8.30am	First day of Spring term for main school and Woodland Nursery
Monday 13th January	Clubs start
Monday 17th - Friday 21st February	Spring half term holiday



Free Open Day

**BELIEVE ACADEMY OPEN DAY!!
A FULL DAY OF DANCING SINGING AND DRAMA
SATURDAY 16TH NOVEMBER!!**



TAP SINGING BALLET JAZZ LYRICAL STREET DANCE DRAMA



Any ages from 5+. Running Workshops 9am-4pm. Mounts Bay School.
For more info Contact infobelieveacademy@gmail.com
Or call us on 07919062831

STARTING AT PZGC DMT & TUMBLE TASTER CLASS

Come and try our brand new
Double Mini Trampoline and
Tumble class.

Our new Coach Pablo - 5 x World
championship DMT athlete, will
give you a super fun and
energetic session

**OPEN TO BOYS AND GIRLS
6YRS+ OF ANY ABILITY**

**SUNDAY 17TH NOV
11:30AM-1:30PM
ONLY £3 PER CHILD**

**BOOK VIA THIS POST OR EMAIL
PZGYMCLUB@GMAIL.COM**

