



27/2/26

FRIDAY NEWS

N^o. 21

Dear Parents/Carers

What a fantastic first week it has been!

The week began with a performance from the Cornish Caretakers who talked about Cornish tradition and Heritage in a very fun and engaging way. On Thursday, we had a performance from an orchestral quartet called The Elmore Quartet. They spoke to the children about their musical journey and played lots of familiar pieces. We are so lucky to have had both performance and send huge thanks to both groups for taking the time to perform for us.

This week has also been one for trips and I have loved channelling my inner minibus driver! On Thursday we took Trencrom to Lands End Airport. They had such a rich experience learning about the airport fire service, the role of the mechanic and pilot and what happens in the control tower. They also got to get on one of the planes and sit in the cockpit! We will be repeating this trip for Lanyon and Kerris over the next few weeks and I am sure they will have an equally great experience. Today Kenidjack went to the Jackson Foundation to take part in their art workshops. Both of these experiences are offered for free by the Foundation and have been very valuable experiences for the children and we are very lucky to have such fantastic links to the community.

Hopefully everyone has seen the email regarding the car parks. If you require a permit, please reply to the office by Friday 6th March.

I mentioned before half term that we are looking at our school uniform policy. We would be grateful if you could find 5 minutes to complete this survey to help inform our decisions.

<https://www.surveymonkey.com/r/PG27DBP>

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

Wellies and coats

Every child should always bring a coat to school and have a pair of named wellies kept in school so that they can go on the field when it is open. 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.

Club cancellations for week beginning 9th March

All the following clubs will be **cancelled** in the week beginning 9th March due to parents evenings:

Monday 9th - Y1/2 Football, Y4-6 Netball, Y1/2 Construction, Y1/2 Book

Tuesday 10th - Y6 SATs Booster, Y3-6 Gymnastics, Y5/6 Art, Band with Miss Williams

Thursday 12th - Y5/6 Drama, Y3-6 Gardening

Friday 13th - Y1/2 Ball Skills, Y1-4 Dance (Steph away)

Parents Evenings

We're delighted to say that our parent consultations this term will be a **ten minute face-to-face meeting** with your child's teacher in which you will be able to discuss your child's progress.

A letter has come home and been emailed from your child's teacher with all the dates and times later this term.

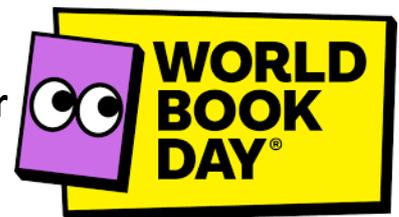
We are going to use our system for booking these appointments through our eschools facility which is part of our school website, as we did last Autumn.

You may previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. These details will be needed in order to go online and book the appointment slot that suits you best. **The booking period is now open and closes on Wednesday 4th March.** It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the and click onto the white log in button (next to the owl icon) in the red bar at the top of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

World Book Day - Friday 6th March

Non uniform day - dress as a book character or for the Book Oscars



Like last year we will be asking for donations of dressing up costumes if they have been grown out of or no longer wanted which will be put onto the rails in reception with the second hand uniform. Please bring any in that you have spare. If you'd like to look for a costume, please come and help yourself. Any costumes that remain after 6th March will be gratefully added to the EYFS children's dressing up collection.

St Piran's Day menu

Thursday 5th March

There is a menu change for lunch on 5th March. Aspens are offering a choice of pasties (meat or cheese and onion) instead of the normal lunch. **There will be no jacket**



potatoes or tomato pasta that day so if your child doesn't like pasties, please send your child in with a packed lunch from home.

If you have already made a booking for 5th March this will have been cancelled so please re-book.

If your child would like lunch on that day, please don't forget to book on the Aspens Select site before 9am on the morning of 5th March. If you forget to order, we will call you to ask you to bring in a packed lunch from home.

Year 5 Porthpean and Year 6 London

Final payments

A reminder that all remaining payments for this year's residential trips must be paid by the following dates:

Year 5 Porthpean Friday 6th March

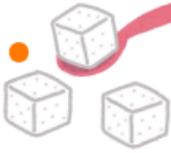
Year 6 London Friday 1st April

Please log into Arbor check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

Smarter Smiles Newsletter

Healthy Eating



Free Sugars
Any Sugars added to food and drinks.
Sugar in honey, syrups, unsweetened fruit and vegetable juices and smoothies all count as free sugars.

Reminder - water bottles
Don't forget that your child needs a named, filled water bottle in school every day. Sorry we don't have spares. As we are a healthy school, please fill with **water** not any other drink. Thank you.

How much sugar should we have?
Children aged 2 to 3 no more than 14g. 3.5 sugar cubes.
Children aged 4 to 6 no more than 19g. 5 sugar cubes.
Children aged 7 to 10 no more than 24g. 6 sugar cubes.

Tips to cut down on sugar.

- Reducing sugar in drinks
- Reducing sugar in food
- Check nutrition labels and added sugars.
- Use the NHS food scanner app



Did you know?
A Vanilla Chocolate Muller Corner Yogurt has 16.9g of sugar!!!

Find out more.
For more dental top tips visit the Smarter Smiles Website.
<https://smartersmiles.co.uk/>



Key take away messages

Top dental tips for the family

- Always use a fluoride containing toothpaste. Adults should use a toothpaste containing 1450ppm fluoride and a pea size amount
- Children under the age of 3 should use a smear amount of toothpaste containing at 1000ppm fluoride. Children over the age of 3 should use a toothpaste containing at least 1350ppm fluoride and a pea sized amount
- You should brush your teeth twice a day and for a minimum of 2 minutes - you can use a timer to help with this
- There are fun mobile phone apps available to download which will help with toothbrushing - why not have a look!
- Children need to be supported until the age of ten with their brushing
- Remember to brush all surfaces - outside, inside, biting surfaces and at the margins of your gums
- Spit don't rinse! Turn off the tap as soon as you start brushing as not only does this save water but it also helps the fluoride in your toothpaste protect your teeth
- Replace your toothbrush at least once every 3 months and when you have been unwell with a cold
- You should visit a dentist at least once a year for a check-up, or as often as your dentist recommends

- Water and milk are the best drinks to have - you should avoid fizzy, sugary drinks including smoothies and milkshakes
- No added sugar does not mean sugar free - check your labels
- Children from 6 months old should use a beaker with a free-flow lid or an open cup - ask your health visitor for more advice
- Avoid eating sweet or sugary snacks between meals and limit sugar/acid attacks to 3-4 times a day to allow your mouth to recover
- Eat a well-balanced diet which is low in fat, low in sugar and low in salt (for more healthy eating advice check out healthycornwall.org.uk/)
- Smoking increases the risk of head and neck cancers as well as causing gum disease which can lead to tooth loss



(Smile Together) Smarter Smiles Cornwall Council Healthy Cornwall Peninsula Dental

To put yourself on the waiting list for an NHS dentist in Cornwall:
T: 0333 006 3300
E: accessdentalhelpline@nhs.net

For competitively priced private dental care:
T: 0333 405 0291
(selecting your preferred location)

For emergency dental appointments and general enquiries:
T: 0333 405 0290
E: smile.together@nhs.net

Follow us on social media:
f @SmileTogetherUK @SmarterSmiles
@smiletogetheruk
@SmileTogetherUK @SmarterSmiles

Tackling oral health inequality for healthier happier communities

Are you the parent or carer of a child with SEND?

Come along to our coffee morning hosted by the Family Help Team on

***Tuesday 10th March 2026 at 9:30-11:30am
at St Johns Hall, Penzance.***

**Meet with other parents/carers and have a chat with our
friendly guest professionals from:**

SENDIASS

Children's Disability Team

SEND System Navigator

Family Information Service

Parenting Worker

Targeted Youth Worker

Family Workers



No need to book, please just pop in on the day 😊





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 MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

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: 28.01.2025

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.

STARS OF THE WEEK

| | | |
|----------------|----------|--|
| Little Foxes | Elowen | for her growth in confidence & trying new things |
| Little Owls | Teejay | for fantastic Phonics & great bridge building |
| Kittiwakes | Chloe | Enthusiasm: for showing enthusiasm & perseverance in all learning |
| Curlews | Finley | Enthusiasm: your enthusiasm for school is shining through |
| Puffins | Xander | Responsibility: for improved focus this week in all his learning |
| Owls | Theodore | Perseverance: for trying so hard in everything he does |
| Kingfishers | Esther | Enthusiasm: for her enthusiasm & application in all her learning |
| Trencrom | George | Enthusiasm: for great contributions & enthusiastic questions |
| Lanyon | Tanner | Kindness: for always being such a kind, supportive & respectful friend |
| Kerris | Jemima | Enthusiasm: for fantastic enthusiasm, amazing Maths |
| Bodriftly | Felix | Responsibility: for working very hard & his excellent behaviour |
| Bosigran | Cooper | Enthusiasm: for working hard all week applying himself to everything |
| Kenidjack | Ella | Enthusiasm: for always working hard & producing beautiful work |
| Lunchtime Star | Ted | for his lovely manners and helpfulness |
| Breakfast Club | Callum | for his manners & politeness |



When I was little my nana used to have a saying about the weather. Namely, "is there enough blue sky to make an elephant a pair of pyjamas?" If so, apparently the day was set to be a good one. I think I can safely say that this half term, for anybody who stayed home like me, there most assuredly was not enough to make said elephant his nightwear. To be perfectly honest he'd have been lucky with a very small pair of knickers over the course of the entire week. However, I am (despite my constant moaning about the rain) a 'glass is always half full' type of person so I will say this...it has definitely rained less. Not much, but I'll take that tiny drop of improvement and hope for sunshine. How was your half term? Easy? Were you away? Did you jet off to foreign climates and bathe on a sandy beach? Or did you stay here and wonder what to do with children when the rain didn't stop for long enough to go and buy the fabric let alone make those pjs? Its hard isn't it? At least when the sun is shining a picnic on the beach is doable and not expensive. When it's like this the options are not only financially more challenging but also more populated; it feels as if everyone is at the cinema. Sometimes the easiest option is to stay at home but even that is fraught with difficulty. Honestly, living here can be amazing but at this time of year it's also a real challenge. However, we are made of stern stuff and can get through this. If I can help, shout. Much love, Mrs D xx



DIARY DATES

| | |
|---|---|
| Thursday 5th March | St Piran's Parade - Year 6 |
| Friday 6th March | World Book Day– please note new date |
| Monday 9th March - Thursday 12th March | Parents evenings <i>Teacher led clubs cancelled</i> |
| Friday 13th March | No Dance Club - Steph away |
| Thursday 26th March EYFS/KS1 4.30-5.30pm KS2 6-7pm | FOAS Easter Disco |
| Wednesday 1st April | FOAS Break The Rules Day <i>More information to follow</i> |
| Thursday 2nd April 3.15pm | School closes for Easter holiday (normal time) |
| Friday 3rd - Friday 17th April | Easter holidays |
| Monday 20th April 8.30am | School opens for Summer term |
| Monday 27th April | Clubs start |
| Monday 4th May | Early May Bank Holiday - school & nursery closed |
| Saturday 9th May 11am | FOAS Duck Race at Wherrytown Boating Pool |
| Monday 11th - Friday 15th May | Year 6 SATs |
| Wednesday 20th - Thursday 21st May | School show - The Lion King |

Concerts
Penzance



The Elmore Quartet

SATURDAY 28TH FEBRUARY 3PM

St. Marys Church Chapel Street Penzance

HAYDN Quartet op.76/5
BARTOK Quartet no.3
BEETHOVEN Quartet op.127

'The Elmore Quartet play with the ferocity of musicians determined to make an impact.'

- The Guardian

TICKETS

£17*
25 and under free

* plus £2 booking fee

Advance booking recommended -

| scan QR
| visit www.minack.com/whats-on/elmore-string-quartet
| call Minack Box Office: 01736 810181

Any remaining tickets will be available on the door



Concerts Penzance is managed by MusicAbility Foundation (1197197)