



Dear Parents and Carers,

### FOAS Fundraising

Last Friday over forty people took part in a quiz organised by FOAS. It was a great evening which raised £219 for the school. Today, the children have very much enjoyed taking part in a "Break the Rules" day which has been huge fun and a great success and has raised lots more money. Half the money taken will be given to the DEC for their Turkey/Syria Earthquake Appeal. It is absolutely brilliant to have such a supportive FOAS team and we are very grateful for the money you all raise for us which enables us to provide things for the children which we would otherwise not be able to afford. Many thanks to everyone involved.

### Spring Term Safeguarding Newsletter

Each term, we take a different focus for our Safeguarding newsletter. This term, we are providing information about coerced online sexual abuse and are directing parents to the UK Safer Internet Centre website who have produced resources to help parents understand this difficult topic and talk to their children. Children can be groomed, coerced or encouraged into sexual activities online and any child with unsupervised access to the internet is potentially at risk. Please follow this link and download the newsletter from here <http://www.alverton.org.uk/web/safeguarding/85998> or go to the UKSIC website at <https://saferinternet.org.uk/online-issue/coerced-online-child-sexualabuse>

### World Book Day

We will be holding our World Book Day celebrations and Book Oscar Ceremony on **Wednesday 1 March**. Mrs Harman is organising this event this year and has many lovely plans which she has shared with you all in a letter emailed home earlier this week which can also be found on our Facebook page. If you do not already follow us on Facebook, please do as we are starting to share lots of lovely things that the children have been doing.

Have a lovely half term holiday,

Best wishes,

Cathryn Wicks  
Deputy Headteacher



**Alverton Primary School**

190 likes · 207 followers



Manage

Edit

Add to Story

## Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

[head@alverton.cornwall.sch.uk](mailto:head@alverton.cornwall.sch.uk) 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)

## After school childcare from 20th February (after half term)

From half term, the school will be providing its own after school childcare. Please see the email sent on Tuesday which is also attached to this newsletter for more information.

**As we have limited spaces if you need childcare it must be booked in advance with the office** by emailing [alverton@tpacademytrust.org](mailto:alverton@tpacademytrust.org) or calling 01736 364087 before 3pm on the day of the booking required.

## Parents evening

More information will be coming home after half term about our parents evenings this term which will be by phone call. These will be held in the week beginning Monday 13th March and there will be **no school led clubs held that week**. DT Coaching will be running their sports clubs as normal. Jump Dance and after school childcare will also be on.

## 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.**

We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

If you prefer, you can buy a reusable bag for £1 and fill this with items from the shelf. Once you've bought your bag, you can fill it with as much as you want, as many times as you want.

Whichever way you choose, the Help Your Shelf is available all day and you can pop in at any time.

## FOAS thanks

A massive thank you to everyone who attended the FOAS quiz night last Friday. It was a huge success, over 40 people came along and we raised £219.86 for the school!



Thank you so much to all the helpers and Mr Higgs and Mrs Wicks who made it possible. Let us know on our Facebook page <https://www.facebook.com/profile.php?id=100088061257707> 'FOAS of Alverton School' if you'd like another quiz night!

## West Cornwall Spring Show

Please see the attached information if you or your child would like to enter a category at the show in March or if you'd just like to go along.

## Half term

Spring half term is from **Monday 13th - Friday 17th February** and school will reopen on Monday 20th February.

# KIDS EAT OUT FOR LESS FEBRUARY HALF TERM 2023

FEEL FREE  
TO SHARE



**Morrisons** - Kids under 16 eat for free at Morrisons Café when an adult spends £4.99 or more on a meal.



**ASDA** Kids Free Hot Breakfast Between 8am-12pm every day during Half Term no purchase necessary.



Kids Eat for £1 with no purchase necessary until end of March 2023

**Bella Italia** - Kids Eat for £1 when an adult purchases a main meal between 4pm-6pm at Bella Italia.



**Dunelm** - Kids Eat for Free at Dunelm when an adult spends £4 or more at Pausa Cafe.



**YO Sushi** - Kids Under 10 Eat for Free at YO Sushi Between 13th - 24th Feb when an adult spends £10 or more.



**Dobbies** - Kids Eat for Free at Dobbies Garden Centre Cafes when an adult purchases a main meal.



**Sizzling** - Kids Eat for £1 at Sizzling Pub and Grill when an adult meal is purchased.



**Hungry Horse** - Free Kids Breakfast at Hungry Horse Pubs when an adult spends at least £3.49.



**Farmhouse Inns** - Kids Eat For £1 when you sign up to receive their email newsletter on their website.



**IKEA** - Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am in their restaurants.



**Beefeater, Brewer's Fayre & Table Table** - Two kids under 16 eat breakfast for FREE with every adult breakfast purchased.

## Shakespeare Festival at The Minack Theatre



This week, Bodrifty have had the fantastic opportunity to perform on the world famous Minack Theatre stage! We took part in the performance of Twelfth Night with four other schools as part of the annual Shakespeare Festival. We had to perform Scene 3 of this confusing but hilarious play and every child had lines to say. We all had a wonderful time and as you can see from the photo, they were all naturals on stage!

### Lost property box

The lost property box has now been emptied and all the un-named items taken to the charity shop. Please remember that if you name all your child's belongings we will ensure that they get back to your child if they are found in school.

### Message from a parent

We are looking for a key stage 2 teacher to provide some extra Maths and English tuition after school one or two days to a year 5 student who needs a little extra help. If you are interested or know of anyone who can help, please contact 07751 580811.

# What's on In Our Community?



We want to keep you informed of events that are going on in our community that you might be interested in going to see with your child.



We will be having an exhibition of KS2 Art on Tuesday 28th March. Come in to school and enjoy wandering around the Alverton Pop Up gallery in the hall. Here is a sneak preview!

## Did you know?

There is an event for all ages!



EVENT/WORKSHOP/WORKSHOP  
ART CLUBS : LITTLE ARTISTS & MINI ARTISTS  
22 FEB - 30 MAR 2023  
THE STUDIO, NEWLYN ART GALLERY



ONLINE ACTIVITY, WORKSHOP  
TEA, CAKE & ART  
14 FEB - 27 JUN 2023  
ONLINE & THE ENGINE ROOM, THE EXCHANGE



Work together to weave your own artwork using colourful threads and textiles



EVENT / WORKSHOP/ WORKSHOP  
AFTER SCHOOL ART CLUB  
22 FEB - 29 MAR 2023  
THE STUDIO, NEWLYN ART GALLERY

NEWLYN ART GALLERY  
100A, 100B, 100C, 100D, 100E, 100F, 100G, 100H, 100I, 100J, 100K, 100L, 100M, 100N, 100O, 100P, 100Q, 100R, 100S, 100T, 100U, 100V, 100W, 100X, 100Y, 100Z



## Something for half term

## Current exhibitions

PENLEE HOUSE  
Gallery & Museum

### NEWLYN ART GALLERY & THE EXCHANGE

Penlee Inspired 2023

30 January 2023 until 22 April 2023



EXHIBITION  
KEITH WOODHOUSE  
11 FEB - 22 APR 2023  
THE PICTURE ROOM, NEWLYN ART GALLERY



EXHIBITION  
WE ARE FLOATING IN SPACE  
11 FEB - 03 JUN 2023  
NEWLYN ART GALLERY & THE EXCHANGE



# drop in

Come along to a drop in session run  
by our link Family Worker, Nikki  
Cooper.

If you have any questions or need  
advice about your child please come  
along and have a chat.

Date: Friday 24th February

Time: 2pm

Place: Alverton Primary School

If you would like to come along  
please let the office know so we know  
how many biscuits to buy!



## 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

# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance, striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 16 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: [https://www.ofcom.gov.uk/\\_data/assets/pdf\\_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf)

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 O'Rourke 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

|   |                |  |   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|---|----------------|--|---|---|---|---|---|---|--|--|--|--|--|---|--|--|--|--|--|--|--|--|
|    |                |  |   |   |   |     |   |     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Kittiwakes     | Amiya  | for excellent contribution to her phonics learning in class                   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Curlews        | Neve   | for being such a lovely, kind & hard working member of our class              |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Puffins        | Luna   | for your reading & writing getting better every day                           |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Owls           | Scarlett   | for always sharing her wonderful ideas & answers with the class               |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Kingfishers    | Kendra   | for her ever-increasing confidence & willingness to share her ideas           |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Trencrom       | Samara   | for making so much progress in her reading                                    |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Lanyon         | Freeda   | for being a shining star in class & always singing beautifully                |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Kerris         | Noah G   | for having a great first half term & always being polite, hard working & kind |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|   | Bodrifty       | Bella  | for her fantastic attitude towards her reading                                |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Bosigran       | Bea W  | for fantastic progress with her Maths   |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Kenidjack      | Flo  | for a fabulous attitude to all her work & always being a star                 |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Lunchtime Star | Sam  | for getting full marks in both his reasoning papers in this week's tests      |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  | Isaac P        |  | for eating all his lunch & using his lovely manners                           |   |   |   |   |   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
|  |                |  |   |  |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |

## DIARY DATES

|   |  |
|---|--|
| <b>Monday 13th-Friday 17th February</b> | Half term holiday  |
| <b>Monday 20th February</b><br>8.45am   | School opens after half term   |
| <b>Monday 20th February</b><br>3.15pm   | After school clubs re-start until 24th March   |
| <b>Wednesday 22nd February</b><br>am    | First swimming for Year 2 Group 2  |
| <b>Wednesday 1st March</b>              | World Book Day - <i>dress as a book character or for the Book Oscars Ceremony</i>                |
| <b>Wednesday 1st March</b><br>3.15pm    | Year 4 camp meeting in Kerris class  |
| <b>Friday 3rd March</b><br>am           | Year 6 St Piran's Day Parade<br><i>Letter coming home after half term</i>                        |
| <b>Monday 13th-Thursday 16th March</b>  | Parents evening (by phone call)<br><i>Please book online. Letter coming home after half term</i> |