

Sports Days - next week

A reminder that our rescheduled sports days are next week on the following dates:

Wednesday 8th July KS1 (Year 1/2)

Thursday 9th July Reception

Both start at 1.30pm and entrance is only through the side gate by the nursery.

Football Cards

With the World Cup taking place, football cards have become very popular at the moment with some children. Can we please ask that these are **NOT** brought into school. Thank you.

Sun hats and water bottles

Don't forget that your child needs a filled, named water bottle with them every day and if the weather is hot and sunny, please ensure they have a sun hat and have had sunscreen applied before school with a named bottle of sunscreen in their bag. Thanks.



Clubs

All clubs have now finished for this term apart from Annie's Art and pre-booked after school child care (none on 23rd July). Please collect your child at 3.15pm.

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

FOAS Alverton School Summer Fair – Can you help on the day?

Friday 17 July – 2.30-4.30pm

A big *thank you* to everyone who has already volunteered! We're still looking for extra hands to help – especially for the bouncy castle, face painting, beat the goalie and clear-up after the event. If you can spare a little time, we'd love to hear from you.

We have a friendly WhatsApp group where we share updates and stay connected. If you'd like to be added or just want to find out more about the Friends of Alverton School, please get in touch with us at:

friendsofalvertonschool@gmail.com

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.

After school child care

There will be **NO** after school child care on the last day of term **Thursday 23rd July** for any children including Reception. Please collect your child at 3.15pm.

Lion King photos

If you'd like to order some photos of the show, (we also have a few of the choir) there is a folder at the office with order forms. Photos are £1.20 each, cash only with the order please. **Deadline for ordering is next Wednesday 8th July in the morning** as we are taking them that day for printing.



Wanted!

The Reception outdoor learning area has a very sad looking small dinghy boat in it which is looking very sad. Does anyone have an old boat (or know anyone who does) who would like to donate it to us? We would be so grateful. Please see the Reception teachers or office staff if you think you could help.



Many thanks.

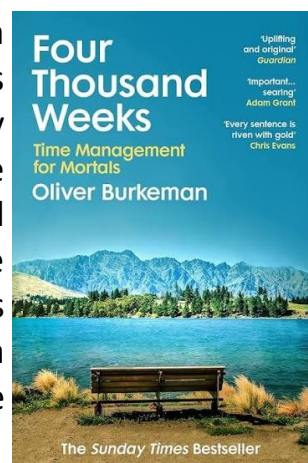
Lost property

The lost property box is nearly full again. Please check if your child is missing anything. Any un-named items left by the end of next week will be stored ready to take to the charity shop at the end of term. **Please name ALL your child's belongings.**

Wanted!

Reception would be very grateful for any spare small pants, socks, school trousers, shorts or girls skirts for changing into when needed. Thank you.

I love writing to you guys because I often get lovely feedback and chats with you all. Many folk tell me how much they enjoy reading this section, which is always reassuring as I know I'm on the right track. So my topic this week is based on my current book, and it's full of smart thinking and advice. It's based on the fact that the average individual will be on the planet for 4,000 weeks on average and that it's not at all feasible to cram all we would like to do into that small time frame, large though it may sound in weeks. Here a couple of points which I think are worth mentioning...the book is called 'Four Thousand Weeks' and is written by Oliver Burkeman - 'Burkeman offers a refreshing antidote to hustle culture. He argues that the average human lifespan is only about 4,000 weeks, making it impossible to "do it all." He advises embracing your limitations to live a more meaningful, intentional life. He also explains that traditional time management is flawed. The more efficient you become at clearing tasks, the more work you attract, which just increases stress. Plus, rather than seeing time constraints as a negative, Burkeman argues that accepting you can't do everything is the true path to freedom. It forces you to prioritise what truly matters.' I pretty much love these two things because they make me feel it's okay to say 'no' to extra things to do (try it, it's refreshing!) and not to be superhuman because, well basically, we're not. We are mere mortals with a limited amount of time so we cannot do everything, it's not possible so don't even try. But it's always possible to fit in a cuppa and a biscuit - ideally with nobody else around or with me if you'd like some company and a listening ear. Love as always, Mrs D xx





Friday 17th July
2:30 to 4:30

Summer Fair

Included with your wristband...

- 🏃 Sports
- 💧 Sponge soaker
- 🎨 Crafts ✨ Glitter tattoos

🏰 Bouncy castle

🫧 Giant bubbles

🐭 Splat the rat

☀️ Cyanotype workshop

and more...

Cash stalls

cakes, ice lollies,
hot dogs,
tombola,
raffle

Wristbands
£3
from the
office

Raffle
with
fantastic
prizes!



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



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 Vryan 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



"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.wcwaaid.co.uk/helpline>

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



#WakeUpWednesday

The National College

See full reference list on our website

@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. Current as of the date of release: 01.07.2026

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.

DIARY DATES

Wednesday 8th July 1.30pm	KS1 Sports Day (re-scheduled)
Thursday 9th July 1.30pm	Reception Sports Day (re-scheduled)
Friday 17th July 2.30-4.30pm	FOAS Summer Fair
Thursday 23rd July 1.30pm	Year 6 leavers assembly
Thursday 23rd July 3.15pm	School closes for Summer holidays at normal time
Friday 24th July	INSET Day - school closed
Monday 27th July-Monday 31st August	Summer school holidays
Tuesday 1st September	INSET Day - School & Nursery closed
Wednesday 2nd September 8.30am	School opens for Autumn term
Monday 19th - Friday 30th October	Autumn half term holiday
Friday 18th December 3.15pm	School closes for Christmas holiday

Upcoming Fixtures

Friday 10th July

Year 1/2 Multiskills Finals at MBA (10am-2pm)

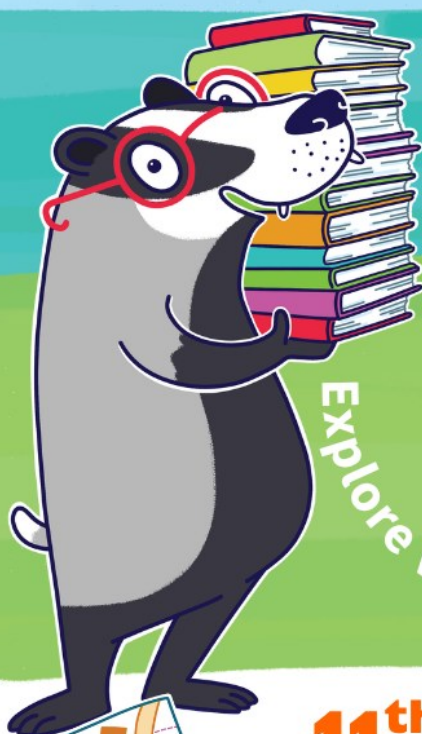




The Cornwall Reading Challenge

Extraordinary Explorers

FREE for children of all ages!



Explore with Cornwall Libraries this summer!

11th July - 12th Sept



Libraries

**GO
ALL
IN.**



SUMMER ART SCHOOL

Join us this summer for fun, creative art sessions! Whether you're a new or current student, you're welcome to join us to continue an existing project or start something completely new. Open to students aged 6-17.

29th July - 20th August

HALF-DAY & FULL-DAY SESSIONS
EVERY WEDNESDAY & THURSDAY

Morning: 10.00am-12.00pm

Afternoon: 1.00pm-3.00pm

Full Day: 10.00am-3.00pm

£20 Half-day, £40 Full-day*

*please provide packed lunch and drink for full day bookings

Flexible booking: Attend as
many sessions as you like!

Ages 6-17. Places are limited to 7 students per session to ensure
everyone receives plenty of individual support.

TO BOOK: WWW.ART-K.CO.UK/CLASS-WEST-CORNWALL
CONTACT: SARA@ART-K.CO.UK | 07852 674316

KROWJI, STUDIO G15, WEST PARK, REDRUTH TR15 3GE

