

Dear Parents and Carers,

It's (nearly) Christmas!

This is the time of year when we really start to think about our plans for Christmas. It is lovely to hear all the carols and Christmas songs that are now being practised and the children are really enjoying preparing for their performances and are excited at the thought of having an audience again.

### **FOAS Christmas Celebrations**

Instead of a Christmas Fair, this year FOAS have paid for all the children to watch the Squashbox Christmassy Christmas show during the afternoon of Friday 2 November. Following this, there will be an opportunity to meet Father Christmas and more! Please keep an eye out for information about this later in this newsletter.

### **Advent Service**

We would like to invite you all to our Advent Service on Thursday 1 December at 9.30 am followed by coffee and mince pies. This is one of the favourite events in the Alverton calendar, including switching on the Christmas tree lights. The tree will need decorating before then and we love the homemade decorations that the children bring in. Please could your child make a decoration and bring it in by Wednesday 30 November.

### **Christmas Lunch**

On Friday 9 December, the whole school will be enjoying a delicious Christmas dinner. We are going to combine this with a non-uniform day where the children are invited to wear something Christmassy or their favourite clothes if they wish. If you have not yet returned the form for your child's choice, please do so by Tuesday 29 November.

### **Reception and Key Stage 1 Nativity Productions**

We are really looking forward to welcoming audiences for our Christmas productions. The Reception classes will be performing "The Nativity" on Wednesday 7 December at 9.30am and 4pm. Key Stage 1 are performing "Lights, Camel, Action" on Thursday 8 December at 2pm and 6pm. Your child's class teacher will let you have more details about this.

### **Key Stage 2 Carol Concert**

We are delighted that we will finally be returning to the Methodist Church in Chapel Street for our Key Stage 2 Carol Concert. This will be held on Wednesday 14 December at 6.30pm. More information will follow about the arrangements for this for parents of Key Stage 2 children but we welcome all parents and families to the carol concert, not just those with children in Key Stage 2.

### **Class Christmas Celebrations**

Your child's class will be having a Christmas celebration in the last week of term – again, further details will be sent out in due course.

Best Wishes,

Cathryn Wicks  
Deputy Headteacher



### 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)

### Christmas lunch - Friday 9th December

Letters about arrangements for Christmas lunch have come home. If your child would like a school lunch on 9th December you must return a slip to us, (with the money if your child's meals are not free) by **Tuesday 29th November**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.



### Clubs

ALL clubs except KS1 Cycling, and Dance will finish on Friday 2nd December.

The last KS1 Cycling will be on Wednesday 7th December and the last Dance Club will be on Friday 9th December.

A new clubs list for the Spring term will come home in January.

### Individual and family photos

#### Wednesday 23rd November

The photographers from Tempest will be in school next **Wednesday 23rd November** to take individual and family photos. Please could you ensure that your child is wearing smart school uniform. **Children in Years 3 and 4 who normally wear their PE kit to school should wear their uniform and ensure their PE kit is in school to change into.** Children with siblings in the main school will be photographed together during the day. If you wish to have a family photograph taken with other children including those from Woodlands Nursery and/or parents, please come into the main entrance from 8.30am and take a place in the queue.

### Year 4 camp

If your child would like to go Bude next April the deposit of £30 must be paid online by 2nd December at the latest so that we can book them a place. If your child is eligible for Pupil Premium funding please contact the office.

### Christmas tree decoration

Our Christmas tree arrives soon and will look very bare! Please could your child make a lovely decoration in the next two weeks and bring it in to the office so that it can be put onto the tree. Thank you.





## 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'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.



This week, Bodrifty worked with a local artist to make lanterns that will be on display at Trengwainton Gardens as part of their Christmas Lights event.




© National Trust. All Rights Reserved. Trengwainton Gardens. Photography by National Trust. Trengwainton Gardens

Book your tickets

for Trengwainton's Christmas lights

**30 Nov-11 Dec (pre-booked tickets only)**

The walled garden and orchard will be lit by fairy lights and lighted structures creatively made by local schools, artists and partner organisations. Check out the website for more details and to book your tickets.

[nationaltrust.org.uk/trengwainton](http://nationaltrust.org.uk/trengwainton)



## Did you know?

**Penzance Pass**

⊕

The Penzance Pass enables free entry all year round to Penlee House Gallery & Museum for everyone who lives within the Penzance Parish

[DISCOVER MORE](#)



EVENT / WORKSHOP / WORKSHOP  
WHO DARES CRIGATES: PRINTMAKING WORKSHOPS  
21 SEP - 30 NOV 2022  
THE STUDIO, NEWLYN ART GALLERY



## Current exhibitions

**PENLEE HOUSE**  
— ⊕ —  
*Gallery & Museum*

### NEWLYN ART GALLERY & THE EXCHANGE

EXHIBITIONS



EXHIBITION  
THE PICTURE ROOM 2022  
19 FEB 2022 - 31 JAN 2023  
THE PICTURE ROOM, NEWLYN ART GALLERY



EXHIBITION  
30 DAYS BODRIFY: LUMEN  
08 OCT 2022 - 07 JAN 2023  
NEWLYN ART GALLERY & THE EXCHANGE



EXHIBITION  
DORIS L. TURNER: THE PINK CLUB  
05 NOV 2022 - 07 JAN 2023  
THE PICTURE ROOM, NEWLYN ART GALLERY





# Squashbox Christmas Show

Free to all children (Funded by Friends of Alverton School)

Friday 2<sup>nd</sup> December - Parents can attend after school for mulled wine,  
hot chocolate and cakes. Please bring cash!

Also on 2<sup>nd</sup>.....a visit to Santa. Tickets - £1.50 – please pre-book with the  
office. Limited tickets available.



**Come and sell your unwanted  
items (good condition toys, books)  
and buy presents for Christmas  
On the 25<sup>th</sup> November – 2pm-4pm  
£5 a table**



# What Parents & Carers Need to Know about CALL OF DUTY: MODERN WARFARE II

The Call of Duty (CoD) series is a worldwide gaming phenomenon, with millions of copies sold every year. While 2021's release, Vanguard, wasn't quite as well received, this latest entry – Modern Warfare II – has so far proved a massive commercial success. A sequel to the recent Modern Warfare reboot (and not to be confused with the original Modern Warfare 2, from back in 2009), the game is an online shooter which features – unsurprisingly – extreme violence, rendered in realistic graphics. Amid the explosions and political nature of the plot, there's much for parents to be aware of.

AGE RATING  
PEGI  
18

## WHAT ARE THE RISKS?

### VIRTUAL VIOLENCE

Like most of its predecessors in the franchise, Modern Warfare II carries an 18 age rating from PEGI (the Pan-European Gaming Information system, which assesses games' content for suitability). This means players will encounter – according to PEGI's wording – depictions of "gross violence, apparently motiveless killing, or violence towards defenceless characters".

### OFFENSIVE CHAT & MESSAGING

Most CoD players are likely to spend the majority of their time on Modern Warfare II in online multiplayer mode. This entails competing against – or cooperating with – strangers on the online battlefield. The fast-paced, cut-throat world of CoD means that communication through the game's voice chat and direct messages often turns heated and aggressive, which may upset younger players.

### IN-GAME PURCHASES

Modern Warfare II follows the "battle pass" model of games like Fortnite. For a fee – usually around £10 – each "season" (every three months or so), players will be invited to complete extra challenges to earn new weapons and equipment. Different tiers of battle pass (costing more money) enable them to achieve this more quickly, while items can also be purchased from the in-game store.

### POLITICAL SENSITIVITY

Previous CoD games have been accused of attempting to "rewrite history": failing to correctly attribute alleged war crimes to the US military, for example. The semi-fictional version of history presented on screen can cause players to misunderstand past conflicts and the real reasons they took place. This could lead to young people developing a distorted, inaccurate view of world politics.

### AN ADDICTIVE EXPERIENCE

Multiplayer mode in Call of Duty titles revolves around levelling up your character to unlock new weapons, abilities and equipment. The process is designed so that it doesn't take too long to see an improvement, and the feeling of making meaningful progress can keep players hooked for hours. It's easy for gamers of any age to lose track of time, but younger ones are especially susceptible.

## Advice for Parents & Carers

### RESPECT THE AGE RATING

Based on accurately recreating combat situations, Call of Duty games are unflinching in their portrayal of war. Limbs are shot off and explosions send gore flying, while the previous Modern Warfare featured a lengthy interrogation and torture sequence. With Modern Warfare II offering the same style of brutal realism, it's worth reiterating that the PEGI 18 age rating is there for a reason.

### SET SPENDING LIMITS

If your child is likely to be tempted by buying that 'must-have' weapon or item, consider removing your bank details from the console or computer to prevent indiscriminate spending – and an unwelcome bill. Pre-paid cards could be an option for in-game purchases, allowing you to control how much your child can spend in advance – and helping them learn the basics of budgeting.

### CLOSE OFF COMMUNICATION

Unless they're playing with their real-life friends, it may be worth closing communication channels if your child plays Modern Warfare II. There's less of a team focus than in many other online combat games and therefore no real need to interact with strangers. Call of Duty fans can be intensely competitive, so even a single action by your child could provoke a barrage of abuse from strangers.

### TRY OTHER MODES

If it seems that your child only ever plays Modern Warfare II in multiplayer, you could try out the Spec Ops mode with them – formulating strategies while enjoying each other's company. You could also play multiplayer together, taking it in turns to ensure regular breaks. Another alternative is the game's campaign mode, featuring bespoke missions and scenarios which follow an overarching plot.

## Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



NOS  
National  
Online  
Safety®  
#WakeUpWednesday

Sources: <https://pegi.info/what-do-the-labels-mean> <https://www.ugo.com/news/call-of-duty-modern-warfare-accused-of-rewriting-history-to-blame-russians-for-controversial-attacks>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

@atnlinesafety

/NationalOnlineSafety

@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.11.2022

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	George T	for super phonics & reading. You have also shown excellent behaviour at carpet time
	Curlews	Riley C	for your superb Maths this week
	Puffins	Freya	for her independent writing - she was so focused & motivated
	Owls	Afia	for showing amazing determination & making super progress
	Kingfishers	Rory	for working so hard on his Mary Anning information page
	Trencrom	Cassia	for always trying her best & thinking of others
	Lanyon	Ella	for working hard to complete all of her French work. Well done
	Kerris	Layla	for putting 100% into absolutely everything she does
	Bodrifty	Alarna	for working so hard in Maths
	Bosigran	Hope	for being an amazing reader on myon & with Mrs Andrews
	Kenidjack	Katie T	for great progress all round & an excellent attitude to her work
	Lunchtime Star	Freddie KE	for his fantastic manners all the time
	PE Star	Susie	for being an amazing Sports Leader

Well I have had a lovely week, despite feeling a bit under the weather (it's impossible not to succumb when the children in my class begin to feel unwell - but never mind, there are worse things than feeling a bit poorly). I spent a lovely time just listening the other day, armed with, yes of course, tea and biscuits, to a parent who wanted nothing other than to chat. And I am happy to do the same for you, really. Just let me know and we can sort a time. Until then, have a lovely weekend, Mrs Daylak.

### Diary Dates

23rd Nov	Tempest individual & family photos
25th Nov	FOAS table top sale 2-4pm
1st Dec	Advent Service at 9.30am
2nd Dec	Squashbox Show (in school time) followed by refreshments for parents and Santa from 3.15pm in aid of FOAS
7th Dec	EYFS Christmas production at 9.30am & 4pm
8th Dec	KS1 Christmas production at 2pm & 6pm
9th Dec	Pupils Christmas lunch
14th Dec	KS2 Carol Concert at 6.30pm at Chapel St Methodist Chapel
16th Dec	School closes at 3.15pm for the Christmas holidays
3rd Jan	INSET Day - school closed





the national sleep helpline

# Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

the national sleep helpline

**50%**

**Around 50% of children will have a sleep issue at some point\***

**WHAT IS THE NATIONAL SLEEP HELPLINE?**

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

**HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?**

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

POWERED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

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\*Survey of 2,000 adults by OnePoll, Aug 2021