

Dear Parents/Carers

Thank you for all your support this week following the storm damage. As I said earlier in the week, compared to a lot of schools, Alverton has been very lucky. That being said, our wonderful woodlands have taken a bit of a bashing and need to be thoroughly checked before we use them. Until this is done, we will not be doing Forest School in the woods at all, and will be keeping the bottom gate closed. We have a tree survey booked for Wednesday where we will be checking all trees in all 3 woodland areas. Following this, we will make the decision of when to open the bottom gate and when we can resume forest school. Please do not allow your children to go into the trees until we have declared it safe.

This week's assembly asked the question 'What makes me, me?'. This is a philosophical question explored in a story that was posed by the British philosopher Thomas Hobbes. Dave sails in his wooden ship, the 'Theseus'. The ship needs numerous repairs at George's Shipyard where George replaces the old wooden pieces with metal ones, until by the end of the voyage the 'Theseus' is entirely made of metal.

Dave's wife struggles to accept that the metal ship is still Dave's ship and things become even more complicated when George arrives in a wooden ship, also called 'Theseus!' So which of the two ships is the 'Theseus' - one of them, both of them...or none of them?

We talked about how we change as we grow, and that our individuality changes with it. The children had some great discussions and proved themselves to be very deep thinkers! If you want to watch the story, you can do so using the following link: [What makes me, me? - BBC Teach](#)

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](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Club cancellations

A reminder that there will be **no Dance Club next week** on Friday 23rd January as Steph is away. Please collect your child at 3.15pm. Next one on Friday 30th January.

## 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.

## Reception and Year 6 height and weight screening

### Wednesday 28th January

All parents in Reception and Year 6 have had an email this week about the school nursing team coming in to weigh and measure the children in those year groups. Please remember that this is **opt out** so if you do not wish for your child to be included on the day **you must opt out using the links below:**

Reception: <https://www.healthycornwall.org.uk/make-a-change/2025-child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/2025-child-health-programme-year-6/>

This must be done by Wednesday 21st January at the latest.

The Gardening Club would be incredibly grateful for any spare or unused gardening tools, seeds and gloves that families no longer need, as these donations help our young gardeners learn and thrive. If you're able to contribute, your support will make a real difference in keeping our outdoor projects growing beautifully.

Thank you,  
Miss Berry & Miss Thomas



### Book amnesty

We are missing lots of school library books. Please could you have a good look at home and return any Alverton library books to school as soon as possible. Thanks.



As I write the weather has begun to get colder and I'm sorry to say that I'm loving it. I do like this time of year because the days are just beginning to get longer (though it does seem to take forever) and there are signs of spring all around, most notably daffodils peeping above ground and for sale in the florists. Though I'm shocked every year to discover easter eggs are for sale. If you have to read that sentence again, I'm sorry to say it's true. I even took a photo and sent it to my mother, though she wasn't in the least bit surprised. I want to shout out in frustration that we're still recovering from Christmas and New Year but I feel nobody would listen, least of all the shops who want us to go overboard again, fill us with more pressure to eat chocolate, hunt for eggs and eat hot cross buns. And this was still December! Hey ho. I sincerely hope the festive break was good, relaxing, fun-filled peopled with family and friends and lovely things. If it was, welcome back. If it wasn't, I'm sorry to hear that but as always, I'm also here to listen. Mrs D xxxxx





## 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**.



**0808 802 6666**



**0300 123 3393**



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** 24h  
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](http://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](http://THECALMZONE.NET/WEBCHAT)  
5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

**CAMPAIN 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:  
[www.gov.uk/domestic-abuse](http://www.gov.uk/domestic-abuse)

**WCWAid**  
**West Cornwall Women's Aid**  
**01736 367539**  
<https://www.wcwaid.co.uk/helpline>

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.



### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.



### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.



### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.



### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUp  
Wednesday®

The  
National  
College®

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D @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: 14.01.2026

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](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	Sophia	for coming into Nursery with a big smile & making new friends
Little Owls	Peggy	for her confidence & growing independence
Kittiwakes	Roux	Enthusiasm: for an amazing attitude towards all learning & school life
Curlews	Otis	Enthusiasm: for constant hard work & perseverance
Puffins	Fletcher	Respect: for following our school rules & being a joy to teach
Owls	Sonny	Responsibility: for trying incredibly hard to make good choices
Kingfishers	Isaac	Enthusiasm: for working so hard across all subjects this week
Trencrom	Jasper	Respect: for always being respectful & trying his best in everything
Lanyon	Rufus	Kindness: for showing support to his classmates
Kerris	Alexander	Enthusiasm: for really working hard in all areas this week
Bodrifty	Raya	Enthusiasm: for being a fantastic role model
Bosigran	Casper	Enthusiasm: for working hard in all his lessons & always being helpful
Kenidjack	Felix	Enthusiasm: for working hard in every subject & being helpful
Lunchtime Star	Kadie-Rae	for just being so lovely
	Ashton	for being a great help at lunchtime
Breakfast Club Star	Florrie W	for helping sort bagels & helping in Breakfast Club

## DIARY DATES

<b>Monday 26th January</b>	INSET Day - school and Nursery closed
<b>Monday 16th - Friday 20th February</b>	Spring half term holiday
<b>Monday 9th March - Thursday 12th March</b>	Parents evenings <i>Teacher led clubs cancelled</i>
<b>Thursday 2nd April</b> 3.15pm	School closes for Easter holiday (normal time)
<b>Friday 3rd - Friday 17th April</b>	Easter holidays
<b>Monday 20th April</b> 8.30am	School opens for Summer term

# Forest for Cornwall

Koos rag Kernow

# Free trees for Penzance



Pick up a  
free tree  
to plant in  
your garden



**Saturday 17 January 2026  
10.30am-12.30pm  
St Johns Hall, TR18 2QW**



[www.cornwall.gov.uk/forestforcornwall](http://www.cornwall.gov.uk/forestforcornwall)