

26/9/25

FRIDAY NEWS

Nº 4

Dear Parents and Carers

This week we are celebrating art at Alverton School! Back in the summer term, Bodrifty class worked with Morrab Garden's Gardener's House. They visited the site and spent time with Daisy and then made these amazing Green Man faces! These are going to be on display at Gardener's House today from 3.30 - 5pm. If anyone wants to go along and support, I know they would really appreciate it - apparently people can't believe they were made by children in primary school. Thanks so much to Daisy for hosting us, I am hoping we will continue to work together and explore the lovely spaces on our doorstep!



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

Year 4 Christmas sleepover

If your child is interested in going to St Ives in December, please come along to a meeting on **Monday 29th September at 3.15pm** in Kerris classroom for more information.

Clubs

Drama Club will NOT be on for Year 5 next **Thursday 2nd** and **Thursday 9th October**. Only Year 6 should attend on those dates.

There will be no teacher-led clubs on **Monday 13th**, **Tuesday 14th**, **Wednesday 15th** and **Thursday 16th October** due to parent consultations.

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.

School lunches

The same menu is continuing until October half term. Please order in advance using the Aspens Select site and before 9am at the latest on the morning your child would like the meal. If you forget to order, Aspens can only offer your child tomato pasta and not a choice of meals.

Included in this week's newsletter is a link to training for parents:

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/parenting/>

Here you will find a range of parenting courses. I have taken some information from the website:

Cornwall has a variety of help and support on offer for both first-time and experienced parents and carers to celebrate parenting, learn new skills and develop confidence.

Our parenting support focuses on child development, building positive relationships with children and creating opportunities to join parenting communities, have fun and access peer support from other families.

I hope you find them useful.

Mrs Hughes
SENDSCO

Individual and family photos

If you would like to order any individual photos of your child from Hatchbox, please follow the link or scan the QR code on the slip your child brought home. If you need help or can't find your code, please email photos@hatchboxphoto.co.uk

To get free delivery to school please order by **Sunday 28th September.**

Parent visits for Reception September 2026

If you have a child who will be going into Reception next September and would like to look around our school, we have visits arranged for the following dates:

Wednesday 15th October at 2pm

Thursday 27th November at 2pm

Thursday 11th December at 2pm

Thursday 8th January at 2pm

Mrs Simpson, our Early Years Lead and Deputy Head will show you around the Reception classrooms, outdoor learning space and the school and can answer any questions you may have.

To book a place, please contact the school office on 01736 364087 or by email alverton@tpacademytrust.org

October Half Term Holiday Club

Woodland Nursery will be running a holiday club during the October half term for children in Reception class and Year 1 only. As spaces are limited, please reach out to Kayla via the FAMILY app or email if you'd like to secure a place for your child.

Time: 8.00 am - 4.00 pm

Dates: Wednesday 22nd October - Friday 31st October (please note, Monday 27th October is already fully booked)

Cost: £35, with additional fees for extended hours and cooked lunch.

For more details, don't hesitate to chat with Kayla!

Email: woodlandnursery@alverton.tpacademytrust.org

Phone: 01736 351135

There are all sorts of difficulties out there for you guys as parents and carers, too many to name and I bet there are many you had never even considered. Sometimes when I write these messages I think of me and how I can relate to you (because I can) and other times I search for good places for advice and support. Looking this week this is what I came across. The link should take you to a page called Strategies for coping with stress as a parent – The Psychology Mum - ridiculous title in the day and age so apologies to all carers no matter what title you have... <https://www.bbc.co.uk/tiny-happy-people/articles/zgwd96f>

This one is so lovely and kind plus it's spot on. It has an image of a cup and how our cup has a limited capacity and that if it gets too full it will overflow and that's not good for us. It's all so logical but do have look, it made me feel better as a teacher not just a parent. Mrs Daylak xxx





We need your help!

Join the FOAS committee!

Don't let the official-sounding name fool you – the Friends of Alverton School committee is really just a friendly group of parents who come together to plan fun events throughout the school year and help support our school.

We work closely with teachers and staff to decide how best to spend the funds we raise – whether that's on new equipment, special experiences for the children, or improvements around the school.

We'd love to welcome some new faces to the FOAS committee! It's not a huge commitment – just the occasional meeting, a few emails and a good excuse for a chat with fellow parents.

Interested? Curious? Or just want to find out more?

We'd love to hear from you!



You can contact us at:
friendsofalvertonschool@gmail.com



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>

What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>



@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: 10.09.2025

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	Mia	for being a great friend & always making us smile
Little Owls	Teejay	for great participation at carpet time
Puffins	Loveday	Respect: for being a truly wonderful member of the class
Owls	Bryher	Enthusiasm: for her absolutely amazing enthusiasm for everything
Kingfishers	Kyelan	Perseverance: for trying his best in his work this week
Trencrom	Kaitlyn	Responsibility: for always being kind, respectful, ready, safe & ambitious
Lanyon	Joshua	Kindness: for being a lovely & kind brother
Kerris	Violet	Kindness: for being so grown up & a wonderful friend
Bodrift	The Whole Class	Enthusiasm: for their impressive attitude at Penlee House
	Nessa	Enthusiasm: for her very impressive thoughts & ideas
Bosigran	Isaac	Enthusiasm: for his great attitude to his Maths this week
Kenidjack	Analise	Perseverance: for working exceptionally hard in every subject
Lunchtime Star	Isaac J	for great cutlery skills
Breakfast Club Star	Callum	for fabulous manners

DIARY DATES

Thursday 9th October 9.30am	Harvest Festival in the hall <i>Followed by coffee & cake in aid of the Foodbank</i>
Monday 13th - Thursday 16th October 3.30-6pm	Parents evening meetings - clubs cancelled <i>Please book online. Letter to follow</i>
Monday 20th & Tuesday 21st October	INSET Days - school closed
Wednesday 22nd - Friday 31st October	Autumn half term holiday
Monday 3rd November 8.45am	School opens
Friday 28th November	Clubs finish
Monday 1st December 9.30am	Advent Service



Cornwall Partnership
NHS Foundation Trust

**The Mental Health Support Team warmly
invite you to attend...**

Wild Wellbeing

**During October half term we are offering FREE nature based
creative sessions linked to the 5 ways to wellbeing.**

**This is for parents and children aged 5-12 in Cornwall.
Please book EACH child on to a session.**

Morning and afternoon sessions available at:

The Core at St Ives Community

Orchard - Thursday 30 October

Hayle Family Hub - Friday 31 October

We are also offering a Parentwell session at

Penrose Estate - Monday 27 October

Each session will last approx. 2 hours

**To request a place, please complete the online
form or scan the QR code provided:**

<https://forms.office.com/e/vc2Dtk8C5B>



**Follow us on Facebook for updates and
upcoming events:**

Cornwall Mental Health Support Team (MHST)





Brownies

1st Penzance

Open Evening

Wednesday 15th October
6 – 7:30pm

In Penzance town – email us for more information

Join us for a free evening of activities, games and finding out about what Brownies is all about. Parents welcome to stay if they wish. Open to girls who are nearly 7 – 10 years old. For enquiries or to register your interest email penzancebrownies@gmail.com

