

**Calling all Reception, Year 1 and Year 2 Parents!**

**Please can you help?**

**Thursday 6 October** is School Census Day and one of the things which is measured is the number of Universal Free School Meals (all Reception, Year 1 and Year 2) children who have school dinners on that day. This makes a big difference to our funding so we would like to ask for your help.

**We need as many children in Reception, Year 1 and Year 2 as possible to have school dinners next Thursday.**

Even if your child usually brings a packed lunch, please could you encourage them to have a school dinner just on that day?

There will be a special menu on Thursday of cheese and tomato pizza and chips or fish fingers and chips followed by jelly and ice-cream.

With the increasing costs at the moment, our school budget needs all the help it can get and we would be hugely grateful for your support.

Thank you very much.



**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)

**FOAS AGM**

**Thursday 6th October - 1.10-2.40pm**

Please join us next week for the Friends of Alverton School AGM at school. This is an opportunity for you to find out about our fundraising efforts and how you might be able to help us. Tea and biscuits and a warm welcome await you. Thank you for your support.



**Year 5 camp meeting**

**Tuesday 11th October at 3.15pm**

**Bodrifty classroom**

If your child is interested in going to camp next June, please come along to a meeting on Tuesday 11th for more information and a chance to ask any questions you may have.

**Menu Change**

**Thursday 6th October**

Pizza and Chips or Fish Fingers and Chips

**Friday 7th October**

Beef Bolognese or Quorn Hotdog and Wedges

**Flu immunisation - all years**

If you would like your child immunised and haven't yet applied, please go online by midday on Wednesday 19th October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

**Date of Visit:** Friday 21st October

**School Code:** EE142240

**Link:** <https://www.kernowimmunisations.co.uk/Forms/Flu>

**Tel No.:** 01872 221105

**Absence from school**

If your child is unwell or will not be attending school it is your responsibility to contact the school on the first day of absence no later than 9.30am (there is an answering machine if you wish to leave a message before 8am). If we have not heard from you by this time we will need to telephone home to ascertain the nature of your child's absence. This is in line with the Government's policy on attendance. Please note that any child who is ill with sickness or an upset stomach should remain away from school for 48 hours after the last episode of illness.

# Harvest Festival

We are delighted to invite you to our first Harvest Festival since 2019 which will be held on Tuesday 11 October at 9.30am.

As part of this, we will be supporting the CTIPA foodbank in Penzance with donations from our school community. We will be collecting for the foodbank during the week beginning 10 October. They cannot distribute fresh food but anything else will be very gratefully received. Last year you were incredibly generous and we collected an enormous amount of food. This year, our help is still needed as much as ever. If you would like to help, please send in your donations with your child next week.

Thank you.

We will also be serving coffee and cake after the service and all money donated will be given to the foodbank.

We hope to see you there!





## Parents Evenings for Year 1-6

We're delighted to say that our parent consultations this term will be a **ten minute face-to-face meeting** with your child's teacher in which you will be able to discuss your child's progress.

A letter has come home this week from your child's teacher with all the dates and times later this term.

We are going to use our system for booking these appointments through our eschools facility which is part of our school website, as we did last Spring.

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. These details will be needed in order to go online and book the appointment slot that suits you best when **the booking period opens on the 5th October**. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the green log in button at the top right hand side of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

**If you have had a termly review meeting during the school day on the phone or in person with Mrs Hughes and your child's class teacher, you don't need to book an appointment through the eschools system.**



Together  
for Families

The  
deadline for  
applications is  
**31 October  
2022**

## Transfer to secondary school

### September 2023

Applying for a place in year seven at a secondary school

#### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

#### Need help with your application?

Contact the Family Information Service on 0800 587 8191



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



Together  
for Families

The  
deadline for  
applications is  
**15 January  
2023**

## Starting school

### September 2023

Applying for a place in a reception class for children born between 1 September 2018 and 31 August 2019

#### Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

#### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: School Admissions Team, County Hall, Truro, TR1 3AY

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#### Need help with your application?

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

## Free online safety training for parents with Natterhub

Thursday 6th October - 7pm

*Details for how to join on Thursday evening:*

**Location:** Virtual, YouTube

**When:** 6th October, 7pm

**How to attend:** [CLICK THIS LINK](#) to watch live

### *Online Safety Webinar AGENDA*

#### INTRODUCTION

>About Natterhub and our role in online safety education

>'Have The Conversation' campaign backed by the Internet Watch Foundation (IWF)

#### ADDRESSING ONLINE SAFETY AT HOME

>Why it's important

>What role parents can play

>How to support primary-aged children

#### HOW TO SPOT UNUSUAL BEHAVIOUR

>Grooming

>Online bullying

#### TOP TIPS TO TAKE AWAY

>Gaming

>Screen time and devices

>Social media & messaging apps

#### SUPPORT RESOURCES AVAILABLE

>Conversation starters

>Family agreement

>Online safety at home checklist

**natterhub**  
preparing children to thrive online



Thanks to all those of you who have returned your reply slips to confirm your commitment to our Reading Revolution at Alverton School. We are really looking forward to putting some of your ideas for reading events into practice over the coming year, so if you haven't returned yours yet please don't forget to send them back soon!

#### After School provision

Mr T is continuing to run after school childcare every evening until 5.15pm. He now works for DT Sports Coaching but the arrangements remain the same. Please see the attached letter and form for more information. To contact him please ring 07843 126833 or email [clubs@dtcoaching.co.uk](mailto:clubs@dtcoaching.co.uk)



## 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



## Daisy's Diary

### Worm Charming

Was a success! The sun shone, people bought lots of worm juice and worm jelly and worm cake and there was a total of 6 worms charmed (which was excellent. In the Falmouth worm charming they didn't get a single worm in half an hour but it was a VERY hot day.)



There were two joint winners – Lamorna and Presley's family won the first prize of a giant pumpkin, and Eva-Grace and Millie's family won the first prize of mini pumpkins plus the worm trophy due to added enthusiastic seagull dancing. Thank you to Miss Rudge and Trencrom for helping me set everything up, for the staff who really kindly made lovely worm based food to sell, and thank you to Mrs Wicks and Mr Higgs for taking money and lugging all the heavy stuff about afterwards. We made £74! Which will go towards a trip for this year's Food project. Talking of which...



The inaugural meeting of the Food project went well, with three parents and Mrs Rudge and lots and lots of cheese and biscuits. We got lots of ideas for interesting trips or visitors for our Food project. I'll let you know what is coming up when I've booked something. I did forget at the meeting to say about getting help for Trencrom's garden (the one that used to be where we put the bikes, behind the apple trees) – it needs a bit of TLC this autumn so I'm looking for someone to come in for an hour or so to help me out...any takers?



I just wanted to show a couple of pictures of the lovely food that Mrs Richards makes for the tuckshop. She does proper home cooking and brings in lovely treats. Here are her very more-ish cheese straws (delicious! And those apples are from our school trees!) Also there was homemade tomato soup and roll but by the time I got round to taking a photo it had all gone. Everything is 50p and because it's homemade that means less sugar and less preservatives and plastic – and more love. Thank you Mrs Richards!



Also Thank You Thank You to the bulb fairy. I don't know who you are but thank you.



# 10 tips for parents and carers

## HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

### 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

### 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

### 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

### 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

### 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

### 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

### 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

### 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

### 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

### 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

### Meet Our Expert

Neil Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



**NOS** National Online Safety®  
#WakeUpWednesday

USPFLINKS: Places to donate electrical items: [www.recycleyourelectronics.org.uk/donate-electrical-goods](http://www.recycleyourelectronics.org.uk/donate-electrical-goods) | How to turn an old smartphone into a computer: [www.maketeach.com/blog/ways-to-turn-smartphone-into-pc](http://www.maketeach.com/blog/ways-to-turn-smartphone-into-pc)  
The risks about their responsibility on tech: [www.gov.uk/government/uploads/system/uploads/attachmentatachment/364222/attachment\\_data/file/364222/tech-responsibility](http://www.gov.uk/government/uploads/system/uploads/attachmentatachment/364222/attachment_data/file/364222/tech-responsibility) | The scientific research schemes which old devices can support: [www.zooniverse.org/get-involved](http://www.zooniverse.org/get-involved)  
[www.wildzone.co.uk/mobekillteam/kib](http://www.wildzone.co.uk/mobekillteam/kib) | Find your local tech recycling centre: [www.recycleknow.com](http://www.recycleknow.com)



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



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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2022

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 Wicks 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	Odin	for showing enthusiasm & curiosity as you learn
★	Curlews	Alice J	you've tried so very hard to do good listening & I'm very proud of you
★	Puffins	Seb	for following instructions so well & focussing on your writing
★	Owls	Jemima	for fabulous perserverance in Maths
★	Kingfishers	Miller	for his great attitude to learning & always trying to do his best
★	Trencrom	Aila	for setting a wonderful example to others & always working hard
★	Lanyon	Cody	for writing a fabulous story this week. Your vocabulary is fantastic
★	Kerris	Scarlette	for her fantastic Maths work this week
★	Bodriftly	Zachary	for being such a hard working & cheerful member of Bodriftly
★	Bosigran	Angus	for working hard & being such an enthusiastic member of the class
★	Kenidjack	Maddie	for such enthusiastic work in her English. Always great ideas
★	Lunchtime Star	Hollie & Sienna	for having delicious, healthy packed lunches

It's darker in the mornings and now beginning to get colder too. I genuinely find this a tricky time of year as I feel sad when the nights draw in and the morning light begins later (even though my day starts at the same time) and I need to put boots on instead of sandals. I have friends who love this time of year and the seasonal change but I'm not one of them I'm afraid and I can find it hard, especially on those dark mornings. My solution is to snuggle up with loved ones, watch films, go for soggy wet walks and get it out of my system. I always feel better after a walk with family or friends, I don't mind. Another way to make myself feel better is to chat, either armed with a box of tissues, a coffee or wine. I can be your listening ear with tissues, coffee, tea and even biscuits. The only thing I can't offer is wine. My very best wishes, come and find me if you would like to, Mrs Daylak.

### Diary Dates

11th Oct	Harvest Festival at 9.30am
17th - 19th Oct	Year 1-6 Parent teacher meetings. Some clubs cancelled
24th-28th Oct	Half term holiday

### LOST

Matilda in has lost her Chilly water bottle. It's green with coloured parrots on it with a pink sports cap. It is named.

River in has lost his new school V-necked jumper and PE hoodie. Both are named.

Please check at home and hand back in if any of these items are found. Thank you.