

Dear Parents and Carers,

The highlight for me this week was to take part in the Alverton Mazey Parade around the estate. There was an amazing atmosphere that we all felt and this was enhanced by the samba band who got us all energised and excited. There was a fantastic turnout of people lined along the streets and I want to take this opportunity to thank you for taking the time to applaud and cheer the children on as they passed by. I also want to thank all the volunteers and staff who have worked so hard to create the vibrant small and large images as well as the amazing array of costumes for each of the children.



We look forward to joining the 1pm procession tomorrow and welcome you all to join us.

Have a lovely weekend and I look forward to seeing you tomorrow.

Mrs Simpson
Acting Deputy Headteacher



Alverton Mazey information

All the information about the procession on Mazey Day on Saturday 29th has been sent home by email and is also attached to this newsletter. **Please note the new time for the parade on Saturday 29th - now 1pm.** This has been changed by the Golowan organisers. Please come and support us if you can.



Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Laura Simpson (Designated Safeguarding Lead) at lsimpson@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

Clubs

Year 3/4 Computing club will be cancelled next week as Mrs Stellon is away.

All clubs finish next Friday 5th July.

Thank you

A big thank you to FOAS for their recent donation which included books for each of our Reception and Nursery children at Christmas and our Year 6 leavers hoodies. We are very grateful for your support for us in this way.

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.

Lost Property

The lost property box (outside the side hall door) is overflowing again. We will be clearing it out next week and any un-named items will be sent to the charity shop. If your child is missing anything, please check the box before next Friday. Anything named will be given back to your child. **Please name all items of clothing so that less gets given away.**

FOAS Summer Fair

Friday 12th July from 3.15pm

Raffle tickets have now come home and we would be very grateful if you could sell these to family and friends or buy them yourself. Please ask at the office if you'd like more books and return the stubs with money as soon as possible. More details about the wonderful prizes are on the next page.

If you can donate any good quality raffle prizes please drop them into the office. Cakes will also be needed for the cake stall on the day itself. Thank you very much.

Wristbands will be on sale from the office soon. These allow the children to take part in all the activities for free. More details to follow.





archie browns



Penzance



Mackerel Sky
SEAFOOD BAR & SHACK



MINACK
THEATRE



Rising Embers
SAUNA



VINEYARD & ORCHARD
PENZANCE • CORNWALL



The Granary
PENZANCE



A huge thank you to these local businesses for kindly donating prizes for our Summer Fair Raffle! Look out for the raffle tickets coming home soon!

Minack Theatre voucher for 2 theatre tickets

Merlin cinema 4 tickets & 25% off restaurant voucher

Tinners lunch voucher for 2

Leswidden Builders- posh watering can

Bang Bang club- 2 tickets

Polgoon Vineyard tour

Rising Embers sauna for 2 for an hour

Ebb&Flow voucher

Duke Street tea coffee & cake for 2

Happy Dais Vintage voucher

The Weigh Inn- jar of sweets

Jubilee pool voucher

Waterside Meadery voucher

Archie Browns voucher

Mackerel sky voucher

Honeypot voucher

45 Queens street voucher

Porthcurno telegraph museum

family pass

Mermaid Alley voucher

The Granary two x £10 vouchers

Tescos Hamper

More prizes to be added...

HELP US WIN £1,000 FOR OUR LIBRARY!



Nominate us at
nationalbooktokens.com/schools-prize
and you could win a £100 gift card!



In association with



Scan me!
↘



#rebuildthelibrary



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

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gilllett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

@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: 19.06.2024

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.

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 or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Simpson 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.

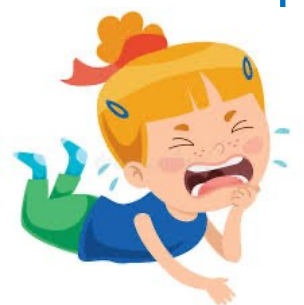
STARS OF THE WEEK

★	Little Foxes	Roux	for being so confident & brave in our Alverton Mazey parade
★	Little Owls	Ada	for always looking out for her friends
★	Kittiwakes	Ivy-Ella	Enthusiasm: for your enthusiasm towards writing & your progress
★	Curlews	Arlo	Kindness: you have been so very kind for such a long time. Thank you
★	Puffins	Marissa	Enthusiasm: for being so enthusiastic about ALL of your learning
★	Owls	Charlie	Enthusiasm: for being such an enthusiastic drummer in our parade
★	Kingfishers	Freya	Kindness: for being kind and helpful in school
★	Trencrom	Nina	Enthusiasm: for her enthusiastic approach to all her learning
★	Lanyon	Isaac	Perseverance: for persevering with his writing & making excellent progress
★	Kerris	Gia	Enthusiasm: for always showing great enthusiasm for all her learning
★	Bodrifty	Austin	Enthusiasm: for consistently being enthusiastic towards Maths
★	Bosigran	Livia	Enthusiasm: for her new-found enthusiasm for football
★	Kenidjack	Teddy	Perseverance: for persevering & making great progress in his work
★	Lunchtime Star	Matilda	Enthusiasm: for her massive enthusiasm for basically everything
★		Tyler B	for always being so polite

Suddenly it's that time of year...Mazey. For some a chance to see friends and hang out with adults. For others noise, bedlam are best avoided. For others an expensive time, filled with temptation directed at children that can prove hard for them to resist. I'm thinking mostly of the fair, the snacks and treats, the toys and endless stalls trying to make you part with hard-earned money. It's expensive and a real challenge to avoid it. Perhaps you'd like to go, but it's too expensive, too stimulating, too loud, too bright, too busy...altogether too much.

It's hard saying no, but it's okay too, it doesn't make us a bad parent; quite the opposite. Maybe a quiet day on the beach or chilling at home isn't such a bad thing. I've been that parent, it's not always easy but it's fine to do that. You're in charge. And I'm here if I can help. Mrs D

XXXXX



DIARY DATES

Saturday 29th June	Mazey Day Parade time - 1pm Please note change of time
Monday 1st July	Year 4 activity day
Tuesday 2nd July	Year 6 transition day at Humphry Davy & Mounts Bay
Wednesday 3rd-Friday 5th July	Year 6 London
Thursday 4th July 1.30pm	Nursery Sports Day
Thursday 11th July	Year 3 Activity day
Friday 12th July 3.15pm	FOAS Summer Fair
Tuesday 23rd July 1.30pm	Year 6 Leavers Assembly
Tuesday 23rd July	School closes at 3.15pm for the Summer holidays
Wednesday 24th July	INSET Day - school closed
Thursday 25th July-Monday 2nd September	Summer holidays
Tuesday 3rd September	INSET Day - school closed
Wednesday 4th September	School opens for the Autumn term

Chapel Street Music

Chapel Street Methodist Church
Penzance TR18 4AW



Chapel Street Ensemble
in association with





FREE!

We're Going on a Bear Hunt

Sun 30th June 2024
3pm and 4pm

An Interactive Musical Adventure for all ages

★ 3 - 10 year old friendly ★

For more info: www.chapelstreetmusic.co.uk  

Charity no: 1194510

