



27/9/24

FRIDAY NEWS

Nº 4

Dear Parents and Carers,

This week's assembly was based around the idea of positivity. We talked about how our positive thoughts and actions, both to ourselves and others, could make things happen and help us to achieve more. This included simple acts of kindness such as paying compliments to each other, or giving words of encouragement. When we hear something positive, we visibly grow - and it costs nothing! I have really noticed this around school this week which has been so lovely to see. Children were supporting each other at break times, helping each other in lessons and being kind and supportive friends when things were hard. Kindness is a core value at Alverton and this week it has really shone!

I want to say an incredible WELL DONE to our sporting teams for their achievements over the last few weeks. Our football team has won both of their last two matches, and our hockey team entered a tournament last week and came first! So very proud of them, not just for winning, but their sheer grit and determination and incredible teamwork. I was also pleased to hear what fantastic sportsmanship they showed - well done Alverton teams!

It was such a shame to have to cancel Forest School this week. It is always such a tough decision, and is based mainly on wind speed. Our risk assessments state that if gusts are predicted to increase over a certain amount, the session won't take place. Whilst this was very disappointing for them, I did have to explain that their safety is paramount. I will be keeping an eagle eye on the weather forecast over the next few weeks and reschedule their session as soon as I can. I did make sure they still had a cheeky biscuit at the end of the day! Bosigran have their turn next week, information about their session will come out on Monday.

Have a wonderful weekend everyone,

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)

**Clubs**

**Advance notice**

Drama Club will NOT be on for Year 5 on Tuesday 8th or on Tuesday 15th October. Only Year 6 should attend on those dates.

**LOST**

Jacob in Bodrifty has lost his black puffy North Face branded coat. It is named. Please check at home and hand in if found.

**Parent visits for Reception September 2025**

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:

- Thursday 24th October at 2pm
- Tuesday 26th November at 2pm
- Monday 9th December at 2pm
- Thursday 9th 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](mailto:alverton@tpacademytrust.org)

**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.



## 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



0800 1111

0300 123 3393  
www.mind.org.uk  
**mind**  
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



"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 Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## WHAT ARE THE RISKS?

### ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

### UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

### GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

### INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

### PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

### EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

@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: 00.00.2024

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](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 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	Paisley	for her enthusiasm & always being willing to learn	
	Little Owls	Perci	for settling in & making new friends	
	Kittiwakes	Rebecca	Enthusiasm: for being enthusiastic about all learning	
	Curlews	Dottie	Enthusiasm: for every moment of every day you're happy & keen	
	Puffins	Ivy-Ella	Enthusiasm: for always being positive & giving her best effort	
	Owls	Bella	Responsibility: for being such a kind, sensible & responsible member of our class	
	Kingfishers	Toni-Rose	Enthusiasm: for her enquiring mind & asking great questions	
	Trencrom	Charlie	Kindness: for being such a wonderful friend	
	Lanyon	Nikolas	Enthusiasm: for really applying himself in every lesson	
	Kerris	Charlie	Kindness: for making every effort to make people feel welcomed	
	Bodrifty	Gia	Enthusiasm: for working extremely hard at all she does	
	Bosigran	Izzy	Kindness: for being a kind friend & welcoming others to our class	
	Kenidjack	Theo	Enthusiasm: for fantastically imaginative writing in our Tudor story	
	Lunchtime Star	Arlo S	for being such a kind & helpful friend	
				
				
				
				
				
				

How are you all this week? Feeling more settled as the weeks go by or less? Or a bit of both, feeling one thing one day and something else the next? Children can be like this too; sometimes they're fine, running into school without a care in the world, while other days they're reluctant and don't want you to leave. Maybe your child always finds coming to school a challenge? That's possibly when you feel upset the most as you gear yourself up for the separation and it can be hard to shake off that feeling even when you've left them and you know they're fine. Personally I'm feeling both extremes at the moment, rather like a human see-saw as I keep rolling from positive feelings and thinking all is going to be fine to the other extreme and feeling I can't get to the bottom of my 'to-do' today list so it rolls over to the next day and grows a little bit more each day. It will be fine, absolutely

fine, it's just hard to believe that at times. If you know somebody who is having a challenging time right now, maybe you could reach out to them and ask how they are. Especially as they leave the school gates. But if you'd like to tell me how you are, if you'd like somebody to listen to how you're feeling, I'm all ears. Take care and have lovely weekend. My very best wishes, Mrs D xxx



The deadline for applications is **15 January 2025**

Do you have a child born **between 1 September 2020 and 31 August 2021?**

If so, you will need to apply for a place in a reception class in September 2025 for your child by the deadline of **15 January 2025**.



**Please note:** you will need to apply even if your child attends a school's nursery or pre-school class. 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.

Visit [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions) for more information and to access the online application system.



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

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The deadline for applications is **31 October 2024**

**Transfer to secondary school**

**September 2025**

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



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



**DIARY DATES**

**Tuesday 1st October**

Year 6 taster day at Humphry Davy

**Thursday 3rd October**

Year 6 taster day at Mounts Bay

**Tuesday 8th October**

Hatchbox individual & family photos (main school)

**Thursday 17th October**

Harvest Festival in the hall

**9.30am**

*Followed by coffee & cake in aid of the Foodbank*

**Monday 21st - Wednesday 23rd October**

Parents evening meetings

**3.30-6pm**

**Monday 28th October - Friday 1st November**

Autumn half term holiday

**Monday 4th - Tuesday 5th November**

INSET days - school closed