



Dear Parents and Carers,

Year 6 SATs

This week has been the culmination of months of hard work from our Year 6 pupils (and staff) in preparation for the annual Year 6 SATs week. SATs are the national curriculum assessments which the children take part in at the end of Key Stage 2 and are an important event for our oldest pupils who are assessed in Reading, Maths and SPaG (Spelling, Punctuation and Grammar).

Once again, we have been totally impressed by our Year 6 pupils who are an amazing group of hard-working, motivated and determined children whose approach to their work has been diligent and mature. They have all aimed to do the best that they possibly can and we are very proud of them all.

There are some great things happening this month ...

Matilda – coming soon!

Not only have our Year 6 pupils been working hard for their SATs, many of them have also been rehearsing for our fabulous production of Matilda. We have been overwhelmed this year by the support shown by the whole school in the unprecedented demand for tickets and hopefully all parents of children in the cast and choir have now been able to get one. We are really looking forward to it and it is going to be amazing!

Duck Race

The Duck Race, run by FOAS, is taking place tomorrow morning at 11am at Wherrytown Boating Lake. If you haven't yet bought a duck, there will probably be some for sale tomorrow morning. Please come along – this is always a lovely family event.

Coronation Picnic

We enjoyed last year's Jubilee Picnic so much that we will be repeating it again this year by holding a Coronation Picnic on Friday 26 May from 12.15pm to 1.15pm to celebrate the King's Coronation. We would like to invite you all to bring a picnic and join us all on the field for lunch – please look out for the letter coming home which tells you all about it.

Best wishes,

Cathryn Wicks
Head of School

Calling all Reception, Year 1 and Year 2 Parents!

Please can you help?

Everyone is always so supportive of these requests and we would like to ask for your help again.

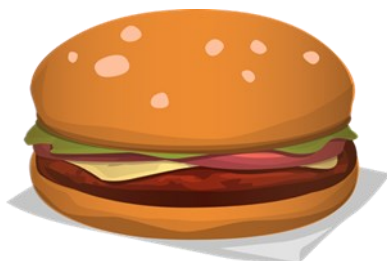
Thursday 18 May is School Census Day and one of the things which is measured is the number of Universal Free School Meals (all Reception, Year 1 and Year 2) children who have school dinners on that day. This makes a big difference to our funding so we would like to ask for your help.

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 beef burger and chips or veggie burger 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.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

We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

If you prefer, you can buy a reusable bag for £1 and fill this with items from the shelf. Once you’ve bought your bag, you can fill it with as much as you want, as many times as you want. Whichever way you choose, the Help Your Shelf is available all day and you can pop in at any time.

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.

Dance Club

Advance notice that there will be no Dance Club on **Friday 26th May** as Steph is away. There will also be none on Friday 30th June as it is the FOAS Summer Fair.

FRIENDS OF ALVERTON SCHOOL

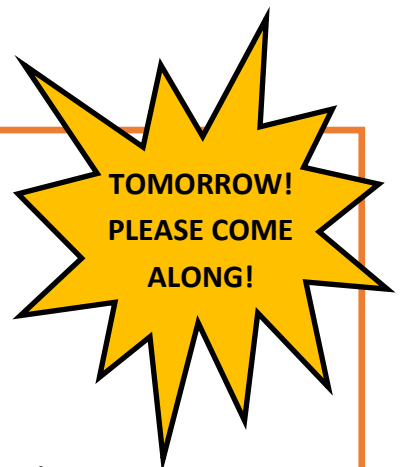
ANNUAL DUCK RACE

SATURDAY 13th MAY

AT WHERRYTOWN BOATING POOL

To raise funds for the school we are holding our annual Duck Race on Saturday 13th May starting at 11.00am. Please come and support us. Ducks are £1 each and there may be spare available to buy tomorrow. You will be allocated a number for each duck and there will be a board with all the numbers on at the duck race. Cash prizes for the winner and runners up. Refreshments available.

Please come along to support us and enjoy a lovely, family experience.





NHS

Cornwall Partnership
NHS Foundation Trust

Mental Health Support Team in Schools:
Parent Drop-Ins

Worry

Is your child worried? This drop-in will focus on strategies to support your child with managing their worries.

3 - 4 pm on: **Wednesday 14th June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

Sleep

Is your child struggling with sleep? This drop-in will explore ideas for supporting your child with going to/staying asleep.

3 - 4 pm on: **Wednesday 21st June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

Behaviour

Is your child struggling with tricky behaviour at home? This drop-in will focus on positive strategies to support your child.

3 - 4 pm on: **Wednesday 28th June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

Transition to Secondary

Is your child moving to Secondary School in September? This drop-in will explore strategies for supporting your child.

3 - 4 pm on: **Wednesday 5th July 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to Year 6 Alverton Primary School parents only!



All Drop-Ins will be held by Channon Gray our NHS Education Mental Health Practitioner (EMHP) working as part of the Mental Health Support Team in Schools (MHST). The MHST is an early intervention and prevention service.

If you have any questions about the drop-ins above, then please let your child's Class Teacher know so they can be passed on to Channon in advance.



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

What Parents & Carers Need to Know about

TELEGRAM

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

LACK OF AGE RESTRICTION

17+

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Play details, they may be able to sign up for the premium package without your knowledge.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



PREMIUM ACCESS



National Online Safety

#WakeUpWednesday

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-183035068.html>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.05.2023

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 O'Rourke 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

<p>★ Kittiwakes</p> <p>★ Curlews</p> <p>★ Puffins</p> <p>★ Owls</p> <p>★ Kingfishers</p> <p>★ Trencom</p> <p>★ Lanyon</p> <p>★ Kerris</p> <p>★ Bodrifty</p> <p>★ Bosigran</p> <p>★ Kenidjack</p> <p>★ Lunchtime Star</p>	<p>Amiya</p> <p>Alice J</p> <p>Harrison</p> <p>Presley</p> <p>Louie</p> <p>Betsy</p> <p>Jacob</p> <p>Eva-Grace</p> <p>Theo</p> <p>Lottie</p> <p>Amelia</p> <p>Isaac</p> <p>Dylan W</p>	<p>for her interest in the ducks & for helping care for them</p> <p>for being an absolute star in our class</p> <p>you have made such a huge effort to be a star - well done</p> <p>for being so kind & helpful to his friends in the classroom</p> <p>for his quiet determination to always do his best</p> <p>for improvement in her Maths this term</p> <p>for being so polite & working hard on his handwriting</p> <p>for being kind in class & being very grown up</p> <p>for really working hard with his times tables & making excellent progress</p> <p>for doing some fantastic writing for our Kidnapped story this week</p> <p>for being such a fabulous person to have in Alverton School</p> <p>for brilliant focus & great work over SATs week</p> <p>for being a very kind friend & helping others</p>
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“There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return.” This is perhaps one of my favourite quotes at the moment (I can’t recall where I found it sadly) and it resonated with me this week when I found myself in a position at school needing the support, time and energy of those around me. It came in waves, surprising and delighting me, as well as making me feel totally supported and, well, better. Colleagues looked after me, selflessly and generously. And what could have been a horrid time was made good, thanks to the help of others. People are so kind, aren’t they? When you need them as well as when you don’t. Please reach out to me if I can do the same for you. Mrs Daylak xxx



DIARY DATES

Saturday 13th May 11am - Wherrytown Boating Pool	FOAS Duck Race
Wednesday 24th-Thursday 25th May 6.30pm	School show - Matilda SOLD OUT
Thursday 25th May	Class photos
Friday 26th May 12.15-1.15pm	Coronation Picnic - non uniform day (wear red/white/blue) <i>Details to follow</i>