

I want to thank all of you who are 'dancing' into school each morning with the early morning disco! Playing music on the school gates at the start of the day seems like such a bright way for our children to step into the classroom; I hope it builds a little happiness first thing in the morning. It seemed like the logical step after so many of you shared how much you enjoyed the Christmas Carols on the school gate last term.

I especially like that we are building a little happiness as a community – I also like to think it helps encourage people drive carefully and respectfully. Perhaps the positive vibes might even get a few more leaving the car at home and walking into school!

Finally, I'd like to add that I am always available for a quick chat on the gates – I won't promise to turn down the music, but I do promise to listen!

Simon Brown
Headteacher



Spring Term Safeguarding Newsletter

All children have a right to be safe and we believe that keeping children safe is everyone's responsibility. Each term, we take a different focus for our Safeguarding newsletter and, this term, it provides more information about keeping your children safe online, this time thinking about group chats. Please can we ask you to take a few minutes to read this as it is very important and we hope that you will find it informative and useful. Please follow this link and download the newsletter.

http://www.alverton.org.uk/web/safeguarding_newsletters_for_parents/652398

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

sbrown@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

Punctuality

If you arrive at school after 8.45am please bring your child into school via the main office as the side gate and classroom doors will be shut. Thank you.

Contacting school

If you need to contact school via email the best email address to use is alverton@tpacademytrust.org

We will forward on anything you send to the appropriate staff member.

You can also contact us by phone between 8am and 4pm by calling 01736 364087. If we don't answer, please leave a message and we'll get back to you as soon as we can.

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.

We currently have lots of items on our Help Your Self 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.

Clubs

Please note that some clubs only run for half a term (Year 3/4 Art and KS1 Art) so if your child has been attending this half term they will not have a club after half term. Anyone wishing to continue or join French club on a Monday will need to sign up again with Kidslingo and pay for the next 5 weeks.

<https://www.kidslingo.co.uk/area/french-classes-central-west-cornwall/>



**FRIDAY
9TH
FEB**

ALVERTON BRE'AK — THE — RULES DAY

Wear a hat / tiara / crown in class

Wear a superhero cape / pyjamas

Crazy hair or hair accessories

Wear sunglasses / a bow tie

Wear a temporary tattoo

Paint your nails

Wear bright/ odd socks

Wear make-up or face paint

Bring a cuddly toy in to class

Wear your uniform backwards

Wear Non-uniform or fancy dress

Chocolate or sweets for break or in a lunchbox

50P

**PER RULE
BROKEN**

50P

**PER RULE
BROKEN**

BACK BY POPULAR DEMAND

- Adults' only Quiz Night!

Come and test your general knowledge, socialise, and enjoy a soft drink / wine / beer.

Tickets £3 per person from the office (or on the door), Teams of 6, smaller groups/individuals can join forces.

An opportunity to raise much needed funds for the school, meet others and have some fun!

Main Hall, FRIDAY 1st MARCH.

(Doors open at 7pm, quiz starts 7.30pm prompt.)



IT'S BACK!

ADULTS' QUIZ NIGHT

Test your knowledge, socialise & enjoy alcoholic/soft drinks
Teams of 6 - Smaller groups/individuals can join forces!
Raise much-needed funds for our school & meet others

FRIDAY 1ST MARCH 2024
MAIN HALL
DOORS OPEN 7PM - QUIZ STARTS 7.30PM PROMPT

**TICKETS £3 PER PERSON FROM THE OFFICE (OR ON THE DOOR),
DRINKS £1.50-£3.50**



We're almost half way through the school year and I feel delighted for lots of reasons. The sun is shining, the days are gradually getting longer (I managed to cycle home in daylight one evening this week) plus a week at home is looming. That may be great or it may be daunting - we all feel differently and it's okay to feel either or both. Some of my friends and family are currently going through challenging times and it's understandably hard, but they have me and while I cannot solve their problems I can certainly listen, offer an evening round my place, put the kettle on, put a glass of wine or even (and I did this recently) have a grown up sleep over - great fun. I can do a range of things for you too if you need me, though they don't include items from the list above apart from the bit about the kettle and listening...sorry xxxxx Love and best wishes, Mrs Daylak

xxxx





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 PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesdays

@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: 31.01.2024

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 Little Owls Kittiwakes Curlews Puffins Owls Kingfishers Tren Crom Lanyon Kerris Bodrifty Bosigran Kenidjack Lunchtime Star	Maisie Sienna Bella-Rose Oscar Elijah Isla M Tegen Bethany Jensen Jayden Izzy Jack Breidis Evie	for growing confidence & independence for always being super helpful & a great friend for fantastic effort & progress in reading & phonics for a positive attitude, always listening to advice & excellent progress for always having a positive attitude towards learning for 100% effort in everything she does & also for superb dance moves for achieving 100% fluency on Reflex Maths for always putting in 100% effort & working hard for his fantastic effort at all times & being a pleasure to have in class for his mature attitude & hard work for fantastic effort & work ethic for amazing effort, kindness & positivity for showing a real determination to progress with his Maths this week for always smiling & being so well mannered
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DIARY DATES

DIARY DATES	
Friday 9th February	FOAS Break the Rules Day
Monday 12th-Friday 16th February	Spring half term holiday
Monday 19th February	School opens for second half of Spring term
Friday 1st March 7pm	FOAS Adults Quiz Night
Tuesday 5th March	St Piran's Parade for Year 6
Thursday 7th March	Book Day
Monday 11th-Wednesday 13th March	Parents evening <i>All teacher led clubs cancelled</i>

Shine Sessions

With Miss Williams

For children in Years 3,4 & 5

SOUND PARTY

Do you LOVE music but feel a bit nervous? Would you like help finding the confidence to play around with different sounds and explore singing and noise making? Come and join me for some games, sound exploration, singing and lots of fun in this super friendly and chilled out shine session!

Monday 12th Feb 10am-12pm



The Lyrical Lounge (2 sessions)

Are you feeling a bit shy but want to try some music? Do you have lots of ideas, feelings or things you'd like to say but not sure how to get them out?! Come and join me for two shine sessions where we'll get creative, have some fun and experiment with all those thoughts whizzing round your head and maybe together we can create some songs with them!

Tuesday 13th Feb 10am-12pm

Wednesday 14th Feb 10am-12pm

£5 per session

Held at Humphry Davy School Pz
12 spaces available for each session

Booking Essential

For more information or to book please email:

stacy.williams2018@outlook.com

