

Dear Parents/Carers

What a week we have had! I want to say thank you to everyone for your support in the early closure on Thursday and late opening today. It's always a hard call to make, but we always keep our children, staff and families at the forefront of any decision. We hope all our families were safe and damage kept to a minimum.

The week started with the introduction to the National Year of Reading which is a joint campaign from the Department for Education and the National Literacy Trust. They say:

'We believe reading is a powerful plug-in to the things you already love – a great way to go deeper into your existing passions. We're asking the nation to Go All in and see how reading in all its forms can unlock more of what you love.'

Over the year, we are hoping to make the most of events going on locally, as well as holding our own in school. We are very lucky to be receiving 200 new library books from Penzance library very soon and are asking children for suggestions of what they might like us to get. We are very excited about the new phase in our reading journey.

Smart watches - I know lots of children received these for Christmas, but they are not suitable for school and children are not permitted to wear them. Watches in school should be time keeping devices only. We appreciate your support with this.

Have a great weekend

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 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

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.

Clubs

All clubs start on Monday. Clubs lists have been returned to you so you know which clubs your child has a place on. Many are oversubscribed and have waiting lists so if your child no longer wants a place, please let the office know asap.

Please could anyone in Dance club ensure payment is made by cash to the office by the first club or your child will not be able to start.

Term dates 2026-27

Next year's term dates were sent out via email on the last day of term and we have sent them again with this newsletter. They are also available on the school website under Parents, Term Dates.

Calling all Reception, Year 1 and Year 2 parents!

Please can you help?

Thursday 15th January is School Census Day and one of the things which is measured is 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 as possible in Reception, Year 1 and Year 2 to have school dinners next Thursday.

Even if your child brings a packed lunch please could you book them a school lunch for them to try?

Thursday's menu will be

Barbeque chicken with wedges

Cheese and tomato pizza

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.

Spring 1 – PE Days

	Spring 1
Kittiwakes	Friday
Curlews	Friday
Puffins	Monday and Tuesday
Owls	Monday and Wednesday
Kingfishers	Tuesday and Thursday
Trencrom	Monday and Friday
Lanyon	Monday and Tuesday
Kerris	Wednesday and Thursday
Bodrifty	Wednesday (double session)
Bosigran	Tuesday and Friday
Kenidjack	Monday (PE kit) Forest School Wednesday or Thursday (outdoor clothing) <i>An email has been sent with the dates</i>

WOODLANDS BIG GARDEN PROJECT - Tesco Blue Token Scheme

Our Nursery's outdoor garden is currently in a poor and unsafe condition. The space, once a vibrant and engaging area for play and exploration, has deteriorated over time and now poses several safety risks to the children. Uneven surfaces, worn-out equipment and overgrown brambles limit how much time the children can safely spend in the Big Garden.



We aim to transform the garden into a safe, stimulating, and inclusive environment that meets the needs of all our children. We envision a space with age-appropriate equipment, sensory areas, natural elements, and safe surface, designed to inspire creativity, encourage exploration, and support learning through play.

To help support this project we have applied for funding from the Tesco Stronger Starts programme and have been successful. Alverton Woodland Nursery will be in Tesco Blue Coin Customer Vote in both Penzance Tesco stores from **mid-January 2026 – March 31st 2026**.



Please help support this project by shopping and voting for us in Tesco!



Thank you for your continued support.

How was it? How was it having two weeks at home with small children? Did you make every moment count? Was it great? Easy? A real challenge? Or were you all poorly? I've heard from lots of adults, parents, friends, colleagues, many of you were poorly for at least some of the Christmas holidays, which is so sad! Especially when you have young children, because, as most of us would surely agree, they're at the heart of it all, aren't they? They're what makes Christmas worthwhile, fun, memorable and truly Christmassy. So when they're poorly at this time of year I think it's really sad, so I'm sorry if that was you and yours (I've been there so I know the feeling). Anyway, a new start, a new year, maybe you're planning some changes to kick start 2026? I used to make resolutions and now I don't - I choose 'challenges' (such a good word and so much kinder too). And if I want to do them then I shall feel proud of myself. And if I don't that's okay, and if I'm successful then that's a real reason to celebrate me. So don't be too harsh, don't beat yourself up, and maybe don't give anything up in January. It's dark, wet, cold and gloomy, not the time of year to say no to lovely things. Be kind to yourselves, be gentle and know that light, warmth and spring will soon come flooding through. Much love, always here for a chat - Mrs Daylak xxxxxx





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



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 Vryan 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.wcwaaid.co.uk/helpline>

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday®

The National College®

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.01.2026

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.

STARS OF THE WEEK

Little Foxes	Madison R	for gaining in confidence & trying new things
Little Owls	Jenifer	for gaining confidence & making new friends
Kittiwakes	Kacie	Enthusiasm: for incredible enthusiasm & an amazing attitude
Curlews	Elsie	Enthusiasm: for such a hugely positive attitude to school
Puffins	Amaya	Perseverance: for giving her best effort in Phonics
Owls	Esther S	Enthusiasm: for being an absolute ray of sunshine in our classroom
Kingfishers	Florence	Enthusiasm: for great focus & trying her hardest this week
Trencrom	Luna F	Enthusiasm: for always being super independent
Lanyon	Rex	Perseverance: for applying himself in his Maths & English work
Kerris	Harriett	Enthusiasm: for incredible Maths work this week
Bodrift	Jessica	Enthusiasm: for a fantastic start to the new term
Bosigran	Wren	Enthusiasm: for a fantastic first week back
Kenidjack	Alfred	Enthusiasm: for sharing lots of ideas in English & trying his best
Lunchtime Star	River H	for always following instructions

DIARY DATES

Monday 13th January	Clubs start
Monday 26th January	INSET Day - school and Nursery closed
Monday 16th - Friday 20th February	Spring half term holiday
Monday 9th March - Thursday 12th March	Parents evenings <i>Teacher led clubs cancelled</i>
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time)
Friday 3rd - Friday 17th April	Easter holidays



CORNWALL & DEVON
School Age Immunisation Service
Provided by Kernow Health CIC



Flu
Vaccination

**School Age
Reception -
Year 11**

Drop In Clinic

Saturday 10th Jan 2026

10:30 - 13:30

**Shortlanesend Village
Hall**

School Hill, Truro

TR4 9DU

For more information
please speak with a
member of the team

Call us on

01872 221105

kernowhealthcic.schoolimmunisation@nhs.net



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