

16/9/22

FRIDAY NEWS

N^o. 2

Dear Parents and Carers,

The news during the summer holidays seemed to be dominated by the rising cost of living and the enormous financial strain and anxiety this would cause some families. I've tried to pull together some of the offers of support I've seen recently and things that we are doing as a school in case they are helpful.

Foodbank

Over 2,000,000 people used a Foodbank last year and this is certain to continue. We mention the local CTIPA foodbank from time to time and I would really recommend that you contact them if you feel that they can help you in any way. All you need to do is phone the school office on 01736 364087 and Mrs Gill or Mrs Stacey will help organise this for you. Please don't feel anxious about doing this – you know that they are always a friendly and reassuring voice on the end of the phone. They will liaise with the CTIPA Foodbank who provide enormous help and reassurance. Alternatively, you can contact the foodbank yourself by phoning 07590 159841 or through their Facebook page.



Are You Struggling with the Cost of Living?



If so, We might be able to help – give us a call!



Household Support Fund

The Household Support Fund was set up to support vulnerable residents and families pay for essentials over the winter. This includes buying food and help with paying utility bills.

I also saw this on Facebook with a contact number of 01736 756655.

School Uniform

We always have a huge amount of lost property and unclaimed and unnamed uniform here at school. The lost property box can be found by the hall door and please feel free to have a look in it at any time. We return any named items to their owners but send a mountain of unnamed clothing to the charity shop at the end of each term. We would much rather these went to children at this school so do please have a look if you need something. FOAS are also planning to find ways to make spare uniform more accessible – watch this space!



TURN2US



Turn 2 Us <https://www.turn2us.org.uk/>

Turn 2 Us is a charity that supports people with finding financial support, whether through benefits or through applying for grants. Their website has lots of information and may be worth a look.

Here to Help

We know that families are facing increasingly difficult times. Please don't hesitate to contact Mr Higgs or me or at any time if you think that we can help. Mrs Daylak offers to meet and chat every week in the newsletter and she really means it! Mrs O'Rourke is our Pupil Premium Lead and would also be more than happy to talk to you. Mrs Gill and Mrs Stacey in the office can always provide a listening ear and, if you would feel happier talking to your child's teacher, they are there for you too. All conversations will be treated in the strictest confidence.

Free School Meals / Pupil Premium

If you think your child may be eligible for Free School Meals, please see the information later in this newsletter and complete the form on the Cornwall Council website <https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/apply-for-free-school-meals-and-pupil-premium/>

If you're not sure if you qualify, but think you might, it really is worth applying to find out for certain as there are benefits for your child at school beyond free school meals as they would then be eligible for Pupil Premium. Please see http://www.alverton.org.uk/web/what_is_pupil_premium/172524 which has lots more information about this, including our Parent Guide.

If you are finding things difficult at the moment, please don't feel that you need to struggle on alone.

Best Wishes,

Cathryn Wicks
Deputy Headteacher

Health and Wellbeing Week!

Next week, alongside Healthy Cornwall, we will be hosting a week of workshops and activities around maintaining a healthy lifestyle. The children will learn about a healthy diet, how sleep can effect our health, healthy screen time, positive mental health, dental hygiene as well as much more.

We would like to invite parents and families into the school hall on Thursday from 3:15 to see what the children have been learning. There will be stands set up by Healthy Cornwall as well as other agencies and advice on how we can help you support your children's health and wellbeing. Please feel free to come along!



Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

head@alverton.cornwall.sch.uk 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

Keeping Children Safe at Alverton School

Keeping children safe is a key part of what we all do. Our website has a Safeguarding section <http://www.alverton.org.uk/web/safeguarding/85998> and a separate Online Safety section http://www.alverton.org.uk/web/staying_safe_online_-_who_can_help/550827 both of which contain a lot of information which can help you ensure your child remains safe. Our Safeguarding Parent Guide can be downloaded from the safeguarding page as well as our termly Safeguarding newsletters which provide information about different aspects of safeguarding. At Alverton, the Designated Safeguarding Lead (DSL) is Mr Higgs and the Deputy DSL is Mrs Wicks who are both always available to meet with you should you be concerned about a child’s safety in any way.

Absence from school

If your child is unwell or will not be attending school it is your responsibility to contact the school on the first day of absence no later than 9.30am (there is an answering machine if you wish to leave a message before 8am). If we have not heard from you by this time we will need to telephone home to ascertain the nature of your child’s absence. This is in line with the Government’s policy on attendance. Please note that any child who is ill with sickness or an upset stomach should remain away from school for 48 hours after the last episode of illness.

Clubs - start Tuesday 20th

Clubs have now been finalised.

Please encourage your child to attend their club regularly as there will be waiting lists for many of them and non-attendance will mean their place will be given to someone else.

If a club requires payment, please ensure it is paid before the first session or your child won’t be able to start.

Wanted

Nursery are running short of kitchen utensils for their mud and sand kitchen. If you have any old utensils at home that you no longer need then any donations would be greatly received. Metal, wooden or plastic utensils would be great. Thank you.

FOAS (Friends of Alverton School) are looking for new recruits! We’ve got some exciting events coming up and would love to organise more for the children, the school and its fundraising, but can only do so with more help. Without your help and the fundraising of the FOAS events, there simply isn't enough funding for the school to provide all the things that further enrich the lives of our children in the early years of their education. If there aren't enough helpers, the school cannot provide things such as leaver hoodies and a music room. First meeting of the term is on Thursday 22nd Sept at 2.30pm, where there will be hot drinks and cake. If you can't make the meeting or can only help out sporadically, please get in touch via the office and we can add you to the WhatsApp group. Even the odd hour here and there would be fantastic! Thanks.



Daisy's Diary

We have a school rabbit! She is as soft as a cloud and has floppy ears! The chickens aren't allowed out at all at the moment because of bird flu so they are at mine, bored. But luckily in the summer holidays I got an accidental rabbit, so she is coming in in the week to help children read because she is a Reading Rabbit. She's in Reception in the reading corner on a rainy day and outside in the Reception garden on a dry one, and hopefully readers from around the school can come and read to her not just the littleys. Her



name when we got her was Maggie, which changed to Baggy Wendy, but I think the Kittywakes and Curlews will be giving her a school name that's a bit sweeter. I've had lots of help settling her in and checking she has what



she needs from Lilly who is an expert on rabbits. Guess how many rabbits she has at home? You'll never guess. 15! 15 rabbits!



WORM CHARMING CHAMPIONSHIP!

Friday 23rd September

Next Friday the 23rd Sept we are having a Worm Charming Championship on the field to raise money to go on a couple of school trips. This involves charming earthworms out of the ground, and the team who charms the most worms wins the Prize Earthworm Winners Trophy - so the stakes are high! It's totally bonkers and open to all the children and their families so come along and have a go next Friday at 3.15pm. Please collect your child at the normal time and come to the field. Please bring some cash for entering and refreshments. £3 per square (for up to 6 people).





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

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 INSTAGRAM

AGE RATING

13+

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

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 your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware. 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.



National Online Safety®

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervisor-tools> | <https://about.instagram.com/en-us/blog/announcements/introducing-family-center-and-supervisor-tools> | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

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 Wicks 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

	Puffins	Charlie	for trying so hard to listen well & completing tasks well
	Owls	Dylan	for such an excellent start in Owls class
	Kingfishers	Immy	for super listening skills & always working hard to do her best
	Trencrom	Kaylan	for being such a lovely member of class & for taking part in the retelling of Stone Age Boy
	Lanyon	Jayden	for having such a sensible & mature attitude to learning. Well done!
	Kerris	Jai	for always working so hard & being willing to help others
	Bodrifty	Erin	for fantastic contributions in English & making a great start to Year 5
	Bosigran	Mia	for having a very mature attitude to the start of Year 6
	Kenidjack	Josh	for a week of being totally brilliant. Well done!
	Lunchtime Star	Evie	for her lovely smile & well done for a very healthy packed lunch

Hello again, and yes, it's Friday already. It may have been a slow week or a so-so week or a speedy week for you guys, I'm not sure which, but I know for me it's been a speedy one and all of a sudden the weekend looms. Which I love, but I'm very fortunate as I know exactly what I will be doing for most of it, with exactly who; some time with friends and some with my family, doing lovely things. I appreciate how fortunate that makes me and I appreciate in turn how that may not be the case for everyone. And as always, if you want to talk, about weekends, or weeks, or home or school or anything that may be troubling you, I'm in Reception class, teaching Curlews and very easy to find. And always here. If you don't need or want to chat, hooray, and if you do, just come and seek me out or email the office. You don't need to say anything and the ladies in the office are always getting emails for members of staff and they simply send them on to us without giving it a moment's thought so privacy and confidentiality can be assured. Best wishes, Mrs Daylak xx

Diary Dates

19th Sept	Bank Holiday - school closed
20th Sept	Clubs start
21st Sept	Year 3 swimming starts - Group 1
11th Oct	Harvest Festival at 9.30am
24th-28th Oct	Half term holiday

After School provision

Mr T is continuing to run after school childcare every evening until 5.15pm. He now works for DT Sports Coaching but the arrangements remain the same. Please see the attached letter and form for more information. To contact him please ring 07843 126833 or email clubs@dtcoaching.co.uk

NEWLYN ARCHIVE

OPEN DAY

NEWLYN'S FISHING TRADES

DISPLAYS, FILMS, BOOK STALL,
CAKE STALL, RAFFLE,
CHILDREN'S ACTIVITY TABLE

A SMALL COLLECTION OF NEWLYN'S
HISTORIC HARBOUR LOGS ON DISPLAY

SATURDAY SEPTEMBER 17th
10am to 2pm

at the TRINITY CENTRE CHYWOONE HILL

This is a new ensemble for young musicians in West Cornwall. After a fabulous start last term we are delighted to invite new players to join us for a **free taster session** on 26th September. (£30 for the term thereafter)

Players of all instruments and all levels are welcome!!
Come and make music with new friends and improve your musical skills!

Monday 26th Sept
at Madron Daniel CE
School, Penzance
from 4-5pm

New Ensemble Play West

For more information or to register your interest please contact Christine Judge:
CJudge@CornwallMusicServiceTrust.org