

21/6/24

FRIDAY NEWS

N<sup>o</sup>. 35

Dear Parents/ Carers,

I am writing to update you on the Headship at Alverton. I am delighted to report that Nichola Smith, the current Headteacher of Sennen School, will be your new Headteacher from September. Nichola is an experienced Headteacher who has a real understanding of the Penzance area. She is really looking forward to meeting all parents and children in due course.

Thank you for your continued support for Alverton.

Yours sincerely

Chris Gould  
Director of Education TPAT

Dear Parents and Carers,

This week our Reception children enjoyed their sports day afternoon. Their carousel of sporting activities and races left all the children feeling proud, beaming with smiles. It was also a real pleasure to hear positive feedback from parents who acknowledged the hard work that staff had put in behind the scenes to make the afternoon such a success. I also want to take this opportunity to thank our Year 6 sports leaders who were amazing, supporting the event, showing enthusiasm and being inspiring role models for our younger children.

Our Mazey Day creations continue to evolve, and all our children have been part of making their class creations and the small and large images. Thank you to the volunteers who have been in school this week supporting children with these workshops.

Yesterday, Bodrifty visited the Kurt Jackson Gallery in St Just and had a wonderful morning observing the artwork and designing their own seal awareness and protection t-shirts.

Some of our Year 5/6 children represented Alverton School in the athletics event at Carn Brea. When I asked the children how the event had gone, they were bursting with excitement to tell me all about their sporting event and how they felt their sporting abilities were recognised and celebrated.

Please can I ask that as you walk to and from school, your children are careful not to squeeze through gaps between vehicles as we have made aware of damage to some vehicles parked in our neighbouring roads. Thank you for your understanding.

We have sent out details of the Mazey Day parade but the Golowan organisers have changed our time to 1pm. Please put in your diaries our school parade around our neighbouring roads next Thursday at 9:30am.

Have a lovely weekend and thank you for your continued support.

Mrs Simpson  
Acting Deputy Headteacher



**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Laura Simpson (Designated Safeguarding Lead) at [lsimpson@alverton.tpacademytrust.org](mailto:lsimpson@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)

**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.**



**Parent Survey**

Thank you to all of those people who have already completed the Parent Survey which was sent via email on Monday.

If you haven’t had a chance to do this yet, please could you follow this link or click on this QR code? It will only take a couple of minutes.

Thank you!

<https://www.surveymonkey.com/r/G7PLZDB>



**Alverton Mazey information**

All the information about the Alverton parade on Thursday 27th and the procession on Mazey Day on Saturday 29th has been sent home by email and is also attached to this newsletter. **Please note the new time for the parade on Saturday 29th - now 1pm.** This has been changed by the Golowan organisers. Please come and support us if you can.





## Sporting Success

Some of our Year 5 and 6 took part in an Athletics competition at Carn Brea yesterday with 9 other schools. Here they are with their medals. Well done to them all.



Harris and Reuben in Year 5 received a joint award this week for the “Most Improved Players of the Year” at the Penzance Hockey Club. Congratulations!



### **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.

### **Thank you**

A big thank you to FOAS for their recent donation which included books for each of our Reception and Nursery children at Christmas and our Year 6 leavers hoodies. We are very grateful for your support for us in this way.

### **Lost Property**

The lost property box (outside the side hall door) is overflowing again. We will be clearing it out next week and any un-named items will be sent to the charity shop. If your child is missing anything, please check the box before next Friday. Anything named will be given back to your child. **Please name all items of clothing so that less gets given away.**

### **Frozen photos**

All the photos taken of the Frozen show are now available to see in a folder in reception where you can order copies. Please complete a form and hand in with the correct amount in cash to the office **by next Friday 28th June** at the latest. Prints cost £1 each.

### **FOAS Summer Fair**

**Save the date - Friday 12th July from 3.15pm**

#### **Raffle prizes wanted!**

FOAS would be very grateful for any good quality raffle prizes for the Summer Fair Raffle. Items such as wine and chocolates, gift vouchers for meals or days out, etc would be very gratefully received. Please no second hand gifts - good quality, new, suitable items only. Many thanks for your support.

#### **Raffle tickets on sale soon**

Raffle tickets will come home soon so please buy some if you can and sell them to friends and family. Fantastic prizes to be won!





# HELP US WIN £1,000 FOR OUR LIBRARY!



Nominate us at  
[nationalbooktokens.com/schools-prize](https://nationalbooktokens.com/schools-prize)  
and you could win a £100 gift card!



In association with



Scan me!  
↘



#rebuildthelibrary



## 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 & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](http://nationalcollege.com/guides/energy-drinks)

@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: 17.04.2024

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	Reggie	for having lots of fun at nursery with his friends
★ Little Owls	Aurora	for always giving 100% in everything she does
★ Kittiwakes	Joy	Enthusiasm: for your enthusiasm towards writing - well done
★ Curlews	Ebony	Perseverance: you've made super progress with reading & writing
★ Puffins	George	Enthusiasm: for being a wonderful, enthusiastic & kind member of Puffins
★ Owls	Primrose	Perseverance: for perseverance in her writing & achieving super results
★ Kingfishers	Matilda	Enthusiasm: for her enthusiasm to read every day
★ Trencom	Ayla	Kindness: for always being so kind to others & always willing to help
★ Lanyon	Jordan	Responsibility: for using his lunchtimes indoors to tidy the classroom
★ Kerris	Violet	Kindness: for always being a lovely, kind friend & a pleasure to have in class
★ Bodrifty	Eve	Enthusiasm: for enthusiasm with all her work especially literacy
★ Bosigran	Charlie	Enthusiasm: for his engagement & curiosity for learning every day
★ Kenidjack	Eddy	Enthusiasm: for his enthusiasm for life. It makes him a happy soul to be around
★ Lunchtime Star	Nessa	for a lovely colourful, healthy packed lunch



The sun seems to have disappeared for a while, coming out only every now and then, which is a real shame because I know how happy its appearance makes me feel. I suspect it makes others feel the same too. If the fact that it isn't around much is making you feel a bit sad, come and chat. If not to me then to anybody, fellow parent, family member, colleague, friend. If you feel fine, why not reach out to somebody who may not seem totally happy and help to brighten their day? Until then, lots of love, Mrs D xxxxxx

## DIARY DATES

<b>Tuesday 25th June</b> <b>5.30pm</b>	New Reception parents meeting
<b>Thursday 27th June</b> <b>9.30am</b>	Alverton Mazey Parade
<b>Friday 28th June</b>	Year 6 Pendennis trip
<b>Saturday 29th June</b>	Mazey Day Parade time - 1pm <b>Please note change of time</b>
<b>Monday 1st July</b>	Year 4 activity day
<b>Tuesday 2nd July</b>	Year 6 transition day at Humphry Davy & Mounts Bay
<b>Wednesday 3rd-Friday 5th July</b>	Year 6 London
<b>Thursday 4th July</b> <b>1.30pm</b>	Nursery Sports Day
<b>Thursday 11th July</b>	Year 3 Activity day
<b>Friday 12th July</b> <b>3.15pm</b>	FOAS Summer Fair
<b>Tuesday 23rd July</b> <b>1.30pm</b>	Year 6 Leavers Assembly
<b>Tuesday 23rd July</b>	School closes at 3.15pm for the Summer holidays
<b>Wednesday 24th July</b>	INSET Day - school closed
<b>Thursday 25th July-Monday 2nd September</b>	Summer holidays
<b>Tuesday 3rd September</b>	INSET Day - school closed



# Little Artist SUMMER CAMPS

£40  
PER DAY  
PER CHILD

10-3 DROP OFF SESSIONS  
BRING A PACKED LUNCH!

Woodlands Nursery  
Alverton School

AGES  
5-11 YRS

TUES JULY 30TH - SPACE EXPLORERS  
3D ROCKETS, ASTRONAUTS, CLAY ALIENS.

TUES AUG 6TH - SPECIAL TINY HOMES  
DESIGN & FILL YOUR OWN 3D TOWNHOUSE

TUES AUG 13TH - DREAM TREEHOUSES  
BUILD YOUR DREAM TREEHOUSE ON A REAL WOOD BRANCH

TUES AUG 20TH - JUNGLE EXPLORER  
CREATE A 3D LAYERED JUNGLE SCENE, WITH HAND PRINTED FLOWERS.

TUES AUG 27TH - BIG TOP CIRCUS  
MAKE A BIG TOP CIRCUS TENT, ARENA & PERFORMERS

newlynlittleartists@  
yahoo.com

EMAIL ANNIE TO BOOK  
OR FOR MORE INFO!

LEGO TABLE,  
BOARD GAMES  
AND DOODLE  
AREA ALSO  
AVAILABLE!

Indoor & outdoor  
Work Spaces, with  
Play & Picnic  
area for lunch!

WEEKLY SESSIONS ALSO  
RUNNING IN TERM TIME &  
THROUGHOUT THE SUMMER  
HOLIDAYS, FOR KIDS  
6 MONTHS TO 5YRS

