

Key Stage 2 Carol Concert

Please don't forget to come along to our Carol Concert on **Wednesday 14th December** at the Chapel Street Methodist Chapel starting at 6.30pm. Key Stage 2 children will need to arrive, in full school uniform (including ties), between 6.10pm and 6.20pm. Please do not arrive any earlier. Parents of Key Stage 1 and EYFS children are also very welcome to attend and to bring their children along.

In order for us to have our final rehearsal at the church, we would like to ask you please **to arrange for your Key Stage 2 child to arrive at the church on the morning of Wednesday 14th December between 8.45am and 9am.** We will register the children at the church and walk them back to school in time for normal lunchtime arrangements. Please could any children who are playing their instruments bring them to school on Monday so we can take them to the chapel on Wednesday. A letter has also been sent home to all KS2 children about arrangements.

Christmas charity collection

Our chosen charity this year for our retiring collections at all our Christmas performances is Growing Links Penzance Street Food. This helps hundreds of people a year who find themselves homeless or who need support. We would be grateful for any amount you could give. Thank you.

Payment of debts

Please could all debts for schools meals, breakfast club, nursery sessions etc. be paid by Thursday at the latest. Thanks to all the parents who pay promptly - it is much appreciated. There are still a number of outstanding debts for swimming, and other subsidised events held this term. Unfortunately without your support we may not be able to continue with some of these in the future.

Reminder

School finishes for the Christmas holidays next **Friday 16th December at 3.15pm** (normal time). The Spring term starts on Wednesday 4th January 2023 (Tuesday 3rd is an INSET day).

**Merry
Christmas!**



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

Clubs

ALL clubs except Dance have now finished. The last Dance club is **Wednesday 14th, not Friday**, from 3.30-4.30pm.

A new clubs list for the Spring term will come home in January.

Well done to Ashton in Lanyon for his amazing fundraising. He took part in the Santa Run at the Eden Project on Sunday with his family and he raised £130 so far for the South West Children's Hospice. He ran amazingly and even won the best child competition as he ran in his inflatable dinosaur outfit.

Year 5/6 Cinema trip - Friday 16th December

Please don't forget to take your child to the Savoy cinema in Causewayhead between 9-9.15am in normal uniform with a coat. Please can you also ensure your child has a packed lunch from home as we may not be back in time for a school meal.



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

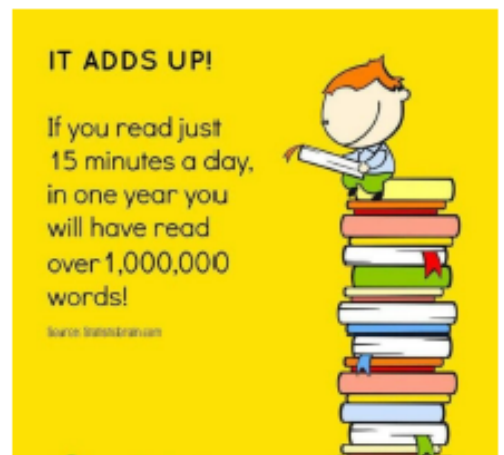
Give what you can if you would like to.



LOST

Jacob in Kerris has lost his grey bobble hat with a Cornish Pirates logo on it. Please check at home and hand in if found.

Thank you to all the kitchen staff and our staff who served lunch to over 270 children and adults today. You are brilliant!



Dear Alverton pupils,

Your teachers at Alverton believe that **every** child has the right to become a reader and we want to help you become the best readers that you can be! Our **Reading Revolution** approach helps to make sure that every member of staff, parent/carer and pupil in our school community understands how important reading is and how it can help you to achieve your dreams!

Would you like to help us spread the word about our **Reading Revolution**? If so then enter our poster competition! There are prizes to be won as well as the opportunity to see your winning poster displayed around our school.

Your poster should include:

- the words **Join the Alverton School Reading Revolution!**;
 - an illustration (or illustrations!) that show how fantastic reading is and why we love it so much at Alverton;
 - a fact about why reading is so important (like the one at the top of this page!) Inspiration here: <https://www.weareteachers.com/reading-facts/>
- and/or**
- a famous reading quote - don't forget to include the name of the person who said it! Inspiration here: <https://momlovesbest.com/reading-quotes-for-kids>

Please create your poster on an **A4 piece of paper** and return it to school by Friday 16th December. We look forward to seeing your entries!



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

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their Friend Code on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent... but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



<https://hipal.app/about/privacy.html>

NOS National Online Safety®
#WakeUpWednesday

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

- | | | | |
|---|----------------|-----------|--|
|  | Kittiwakes | River | for growing in confidence & fantastic phonics |
| | Curlews | Primrose | you always try your best no matter what you've been asked to do |
| | Puffins | Rex | for his effort in reading & always trying hard |
|  | Owls | Kiera | for making super progress in all areas & becoming more confident |
| | Kingfishers | Cooper | for his amazing performance in our Nativity |
| | Trencrom | Emily | for begin such a kind & helpful individual. A shining star! |
|  | Lanyon | Izzy | for singing with such enthusiasm. You are amazing! |
| | Kerris | Scarlette | for her absolutely amazing work in Maths. I am so proud of you! |
|  | Bodrifty | Brodie | for all his hard work this term & amazing work in DT |
| | Bosigran | Isla | for fabulous pop up ideas & mechanisms. You are a star! |
| | Kenidjack | Tegan | for always working hard & achieving spectacular results |
|  | Lunchtime Star | Brodie R | for his healthy packed lunch choices |

DIARY DATES

DIARY DATES	
<p>Wednesday 14th December</p> <p>8.30-8.45am</p> <p>6.30pm</p>	<p>Please drop your KS2 child to Chapel Street Methodist Chapel for morning practice</p> <p>KS2 Carol Concert - Chapel Street Methodist Chapel - all welcome</p> <p><i>Details have been sent home</i></p>
<p>Friday 16th December</p> <p>Morning</p> <p>3.15pm</p>	<p>Year 5/6 Cinema trip—<i>please drop your child to the Savoy Cinema at 9.15am.</i></p> <p><i>Please pay online & return the permission slip</i></p> <p>School closes at 3.15pm for Christmas holidays.</p>
<p>Tuesday 3rd January</p>	<p>INSET Day - school closed</p>
<p>Wednesday 4th January</p> <p>8.45am</p>	<p>School opens for Spring Term</p>

UNIFORM RECYCLING UPDATE

Firstly, the school and FOAS would like to say a huge **thank you** for the generosity many of you have shown in donating pre-loved uniform. It is so lovely to be part of such a caring community. ❤️❤️. And if you haven't popped in to see the fantastic "Help Your Shelf" in the foyer, please do.

However, we are currently at capacity and so kindly request **NO MORE DONATIONS until further notice**. We will announce the next drive for donations, with specific detail on which items are most needed. Please keep your eye out for announcements.

Also, we would love to remind you of the **green** purpose of the uniform system we have started. Not only is re-using uniform great in these cash-strapped times, it is also a great way of reducing our contribution to landfill. Perhaps we could all pop into the foyer and grab something useful in the coming months as a pledge to the planet 🌍 as well as our pocket?

Incidentally, rest assured that all named lost property is promptly returned to its owner and will not be added to the free uniform. Please ensure you name your child's uniform to help with this.



Well, it most certainly feels like Christmas is on the way, with the drop in temperature and so many Christmas activities happening at school (and probably at home too). This week has seen me supporting 4 and 5 year olds as they perform their Nativity, receiving Christmas cards (mental note to write my own), eating a rather tasty Christmas lunch at school, decorating a tree at home, wrapping gifts to give to family and friends and tonight, if all goes well, attending a lovely party to celebrate Christmas and the end of a year. Just reading this makes me tired, and on top of that there's still the day-to-day stuff happening and needing attention. It's exhausting! And can feel like hard work, another selection of activities to add to an already full to-do list. Too much? Tell me about it. Want to come and chat? I would love to sit with anyone, have a cuppa and share a biscuit. You know where I am and it really is good for me too, to stop, take time out, eat a biscuit or two and help if I can. Much love and best wishes, Mrs Daylak xxx



Sunday 11th December: Christmas Carols & Soft play (Sea Life Soft Play) 10am-1pm - (FREE entry) - Dress in nativity costumes – Prize for those children who dress up.

Followed by: Birds on the Branch Line: Birds on the branch line is a magical FREE Christmas train journey from Penzance to St Ives. (All children's train tickets are FREE, One accompanying adult ticket per group FREE, any additional adults to pay for their own ticket). Where families get to explore and celebrate the heritage of song birds and their habitat on the St Ives Bay line. A Magic Train Ride trip for families, where they will see if they can spot birds in the marshes, create songs and participate in activities. Once at St Ives each family will be given a trail map, families must follow the clues to find hidden birds around St Ives, whilst completing various tasks along the way. Once completed, the finished trail sheets will be handed in to soft play (or sent over via email) and a prize and certificate will be given to each child. Those who complete the tasks, will instantly be added into a prize draw for a chance for THREE families to win a £30 gift voucher. - Message to secure your space on: molly.blewett@penlecluster.org.uk

MESSIAH
G. F. HANDEL
with



Edited by Watkins Shaw.

in aid of

Handel's

music Ability
musicabilitycic.uk
music therapy

Messiah

CONDUCTOR JENNY RAPSON
SOLOISTS SIMONE HELLIER
SUE LANCASTER
RICHARD ROWE
SIMEON ROYLE

SATURDAY 17TH DECEMBER 2022
7.00PM AT METHODIST CHAPEL
CHAPEL STREET, PENZANCE

Tickets £10 at the door - Under 18s free entry
Advance Sales:
Morrab Studio, Morrab Road, Penzance
or contact 07875 836655 for more information