



Dear Parents and Carers,

It's been another eventful term with a prolonged period of home school learning for most children and families but these last few weeks have again felt like we are almost back to "normal" as far as we now know it. It's been lovely to have all the children back in school and they have quickly settled back down and started to again make excellent progress, thoroughly enjoying all the opportunities that being at Alverton School has to offer.

This week, all the children in all year groups have taken part in a Health and Wellbeing week organised by Mrs Dennison. This has included every class having a wellbeing workshop on the field with Daisy, a fitness session with Mr T and a healthy cooking session. In addition, the children's teachers have provided a range of activities to ensure that the children have had a really lovely, and active, last week of term. The children have, as always, risen to the occasion and tried new foods and different activities and really enjoyed it all. Have a look at our wellbeing page to see some photos of the things the children have been doing. The staff are also on board and some have started the Couch to 5K programme encouraged again by Mrs Dennison.

Thank you all again for supporting our school so positively during this difficult period and for making sure that your children come into school each day ready to learn and full of enthusiasm. There is a section later in the Friday News about uniform and it would be great to have everyone's support in ensuring the children wear the correct uniform and look as smart as possible.

We hope that you and your families are able to spend time together over the Easter holidays and look forward to seeing you all again for hopefully the whole of the Summer term!

Cathryn Wicks
Deputy Headteacher

Term dates

The Summer Term starts on Monday 19th April.

Term dates for the next school year are attached to this newsletter and are available on the school website under Parent Pages, Term Dates.

Weekly Wellbeing!



Some photos of this week's Health and Wellbeing activities.



School Uniform

Please can we remind you all about our school uniform. Most children come to school every day looking incredibly smart but we are seeing some less traditional clothing choices creeping in.

While it was colder, we asked children to bring an additional warm jumper / top with them to wear in the classroom when the windows were open to ventilate the rooms as far as possible. Hopefully, it will be warm enough next term to not need an extra layer but, should this still be necessary, this is in addition to your child's uniform (and not instead of it).

We completely understand that some children may have grown out of clothes or shoes over the last few months and it may not be possible to get replacement items yet for whatever reason. Please don't worry if this is the case but just let your child's teacher know.

Children should wear:

- **White** shirts or blouses
- **Red** sweatshirts (school), jumpers or cardigans
- **Grey** trousers or shorts
- **Grey** skirts, pinafore dresses or culottes
- School tie
- **Red** checked dresses (in the summer term)
- Plain **white, black** or **grey** socks or **grey** or **red** tights
- All children will need a pair of wellies.

NB Choughs and Robins wear a **red** polo shirt and no tie.

All items of clothing should be plain and free from logos etc, except any items incorporating the school badge.

Shoes:

- **Black** shoes (not boots).
- All shoes should have a low heel.
- Laces should be plain black.
- In the summer, **black** or **red** closed-toe sandals may be worn (not crocs).

PE uniform:

- Plain **white** polo shirt
- Plain **red** shorts
- Trainers or plimsolls
- In the colder months, it is important that the children are dressed appropriately for outdoor PE and they may wear a school tracksuit for outdoor games.
- PE kit for Choughs and Robins is a **red** polo shirt, plain **black** tracksuit bottoms and **black** trainers.

Children should continue to wear PE kit on PPA days but need to ensure that their PE kit is available in school every day.

Some items (ties, sweatshirts, tracksuits, PE shorts) are available to buy or order from the office – please ask at the school office for details.

Please label all school uniform with your child's name. This is especially important, as uniform items look similar and can easily be confused for another child's. The school cannot accept responsibility for any lost items.

Please note that all items of jewellery, apart from watches, are not allowed. For safety reasons, only stud earrings may be worn and these should ideally be removed for PE or alternatively covered with a plaster. Long hair should be tied back using plain bands without attachments. Children should not wear any make-up or nail varnish.

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

Well we've made it to the end of the spring term and are faced with the delightful prospect of Easter and a couple of weeks in which to begin to resume normal service. I know I for one am very much looking forward to seeing some friends, going out walking to relax and beginning to have a life outside of my home and school. Yet this may not be the same positive story for everyone. Some colleagues, other parents, neighbours, friends may be feeling less positive at the prospect of everything opening up, or feeling worried or even frightened. Let's make sure we're all okay. I shall carry on being available, and I shall continue to make sure my colleagues and friends are okay. I will always be here for you. The usual rules apply... if you want to chat, you know where I am, no-one will know why, no-one will think anything of it, and anything you say is confidential unless you ask me to share it. All I need do is listen. I'm sorry I won't be here for you if you need me over the break, but I will be back for sure after. In the meantime, take care, stay safe, look after yourselves, your family and friends, but also our other parents.

My very best wishes,

Mrs D xxx

Coronavirus symptoms

The main symptoms are:

A high temperature (hot to the touch on chest or back)

OR

A new, continuous cough (coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)

OR

A loss or change to your sense of smell or taste (you've noticed you cannot smell or taste anything or things smell or taste different to normal)

If you or your child have any **ONE** or more of these you must get a COVID-19 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book a test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

Dogs

A reminder that dogs are not permitted anywhere on the school premises so if you have your dog with you when coming to the site please ensure they are either tied up outside or ask your child to meet you at either the main or field gate.



Thank you Tesco

Another huge thank you to Tesco for the £1000 we were awarded through their Bags of Help scheme. We used this to purchase cooking equipment for our school. All the children have been making healthy snacks and meals this week and here is Bodrifty with some of our new equipment.



Summer Menu

A reminder that the same Spring menu will continue for the Summer Term. A copy is attached and can also be found on the school website under Parent Pages, What's on this term.

Summer Sports Club after Easter

Go Active are running the following Sports Clubs after Easter:

KS1 - Mondays 3.15-4.15pm

LKS2 - Tuesdays 3.15-4.15pm

If your child has a place you should have received text confirmation yesterday. Unfortunately there was not enough interest to run a club for UKS2 so this has been cancelled.

Places are still available for LKS2 club so if your child would like to join please ask for a form at the office and return it with £10 asap and before Wednesday 21st April.

These clubs will start the week commencing Monday 26th April (the week after we start back after the Easter holidays).

After school childcare provision with Go Active will continue as normal every day. To book please contact Mr Timmons on 07843 126833.



Daisy's Diary

BEST WEEK EVER! Loads and loads of fire circle time with mint tea/pumpkin scones/hot bread. Mrs Dennison has been making lush healthy snacks for staff, all the tulips are up in the school entrance garden and loads of seeds are popping up for our flower gardens.



Chicken News

Sad news (but not too sad – don't panic). The beautiful cockerel, Brickly Hairstyles, my feathery pride and joy, has had to move. He needs several wives and lots of outdoor space and needs to crow all day long. Normally it's really impossible to get rid of cockerels as people much prefer hens (and all those eggs). But Brickly is a corker – the breeder I got him from was very pleased to have him back on the farm as he is **SPLENDID!**

I was very sad to see him go but he will be much happier. And I'm allowed to visit him whenever I like. Lemon can't



be on her own though – chickens hate to be by themselves. So the breeder gave me a hen to keep her company. I'm not sure where he's been keeping her but I think she might have slipped down the back of the sofa a while back and has only just been found. She was **FILTHY**. I gave her a bath but I'm not sure it's an improvement...

She's a doer upper. However, Lemon and the new hen (her name is Rabbit) seem to be getting along fine, Rabbit talks all the time and Lemon seems to be a bit more chatty now too. After Easter they will both be in school for everyone to meet. Please cross your fingers that one of them feels broody - I want school chicks!



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

for better mental health

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-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 24h

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

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.

ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN AGAINST LIVING MISERABLY CALM

citizens
advice

0344 411 1444

"It's alright to ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.

Who can help me?
We can

YOU ARE NOT ALONE

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

WCWAid
West Cornwall Women's Aid
01736 367539
<https://www.wcwid.co.uk/helpline>

AT HOME SHOULDN'T MEAN AT RISK

#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible.

Cornwall Council are continuing to process new applications for Free School Meals. Please ensure that you read the eligibility criteria before applying and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), 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

However, you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.

STARS OF THE WEEK

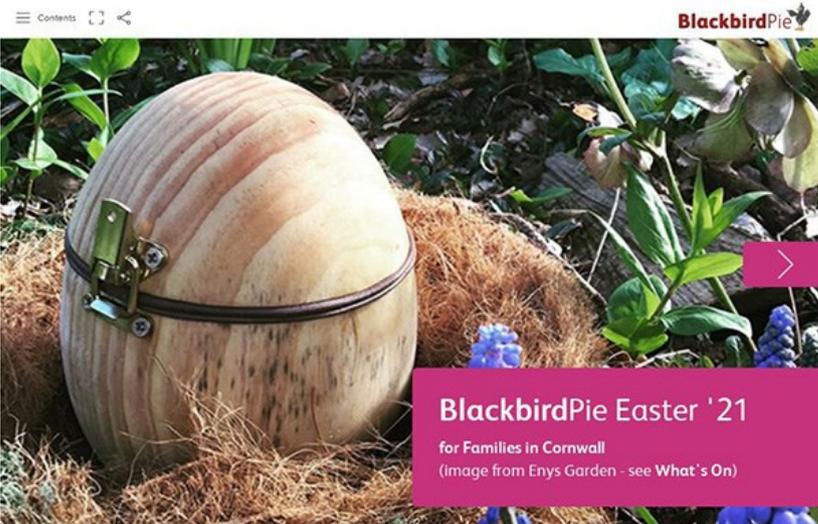
Choughs	Effy	for always listening, being so polite & always making the right choices
	Raya	for being a kind friend to others & trying hard
Robins	Afia	for being a lovely member of Robins
	Henry	for being an all round superstar
Puffins	Emily	for persevering with her reading until she could blend
	Gia	for always working super hard in all that we do
Owls	Paloma	for such amazing progress in her reading
	Benny	for trying super hard in his writing
Kingfishers	Jack	for fantastic work with money in Maths
	Lamorna	for her super progress in reading
Trencrom	Logan C	for working super hard on his rainforest writing
	Reece	for always working hard & thinking of others
Lanyon	Logan P	for trying hard to improve his writing this week. Well done
	Olivia	for always contributing during lessons. You always have an interesting question
Kerris	Eliza	for just being wonderful all the time
	Mark	for trying so hard with his handwriting
Bodriftly	Thomas	for making the best flatbreads on our Indian cooking day
	Alba	for always coming to school with a smile & putting 100% into everything
Bosigran	Jacob	for being a complete superstar all term & always giving 100%
	Annie	for an excellent attitude to all her working & always giving 100%
Kenidjack	Poppy	for a tremendous term's learning all done with a huge smile
	George	for working hard, playing hard & being a thoroughly good chap
Dinnertime	Aila	for her lovely healthy packed lunch



EASTER BUNNY
SPOTTED RUNNING
ALL OVER SCHOOL!
DID YOU SPOT HER?



BlackbirdPie is here again and this time we have REAL events in our What's On magazine - things families can go to and enjoy.



All magazines are FREE to download. Just click below.

Sign up, you will be emailed each issue and details of our competitions.

<https://blackbirdreads.turtl.co/story/blackbirdpie-2021-easter/>

EASTER HOLIDAY CAMPS

Mounts Bay Football Development Centre



Dates - 2021

Easter Week 1 - Wednesday 7th, Thursday 8th & Friday 9th April
Easter Week 2 - Wednesday 14th, Thursday 15th & Friday 16th April

Soccer Tots (3-6yrs)

10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days or £25 for all 6 camps

Soccer Pros (7-13yrs)

10am - 3:30pm

£15 per day | £25 for 2 days | £35 for 3 days or £65 for all 6 camps

SUPER SAVER DEALS

Soccer Tots - All 6 days for £25

Soccer Pros - All 6 days for £65

Venue

Mounts Bay Football Development Centre
Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

Other Info

All children are welcome to attend from any school or club
The MBFDC coaching staff are UEFA / FA qualified and DBS checked
Pre-booking only, register & book online
Visit the website for further information - www.mbfdc.co.uk

Contact

Kevin Lawrence - Head of Football Development
Message us on facebook - www.facebook.com/MBFDC
Email - klawrence@mountsbay.org
Website - www.mbfdc.co.uk

