



24/3/23

FRIDAY NEWS

N<sup>o</sup>. 25

Dear Parents and Carers,

We have had another productive week at Alverton. On Tuesday, the Headteachers from Gulval and Sennen enjoyed a look round the Nursery and a chat with some Key Stage 2 children about reading. Reading remains one of the things we really focus on right across the school and Mrs Clive and Mrs O'Rourke went to Chacewater School this week to look at how they use Accelerated Reader, which we now use with many children in Key Stage 2.

There are lots of things going on at the moment for the children to be involved in outside of the classroom. Our Drama Club is going from strength to strength and the rehearsals for Matilda are looking FANTASTIC. We have so many really talented children in the cast and we can't wait for you to see the show! Our Songfest Choir has been to St John's Hall with other local schools that are taking part to practice for their concert next Tuesday.

This week, our Year 4, 5 and 6 Rugby team played in a competition organised by the Pirates at Mounts Bay. They played against another 10 teams and came back the winners! Very well done! Our Year 2s finished their swimming sessions this week and next term it will be the turn of the Year 4s. There is so much sport to get involved with – next term's club list will be sent out at the beginning of next term and there will again be lots of different clubs for the children to choose from.

Finally, please follow this link <https://www.tpacademytrust.org/web/annual-report/604929> to view Truro and Penwith Academy Trust's Annual Report 2021 – 2022 which has just been published. There is a section on our school on page 12 and you can also read about the work Mr Higgs has been doing for Digital Transformation within the Trust on pages 5 and 6. There are some great photos of some of our children (taken by Mr Keast) too!

Have a lovely weekend,

Cathryn Wicks  
Head of School

**The Spring term finishes next Friday 31st March at 3.15pm (normal time) and we reopen for the Summer term on Monday 17th April at 9am.**

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

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

**After school childcare**

If your child needs after school child care **we have limited spaces so it must be booked in advance with the office** by emailing [alverton@tpacademytrust.org](mailto:alverton@tpacademytrust.org) or calling 01736 364087 before 3pm on the day of the booking required.

The cost is £6 for one hour or £12 for two and care finishes at 5.15pm. If you are late to collect your child after 4.15pm you will be charged an additional £6. **If you are late after 5.15pm we will charge a late collection fee of £25 as we need to cover an additional hour for two members of staff.**

**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.**

We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

If you prefer, you can buy a reusable bag for £1 and fill this with items from the shelf. Once you’ve bought your bag, you can fill it with as much as you want, as many times as you want.

Whichever way you choose, the Help Your Shelf is available all day and you can pop in at any time.



**STOP means STOP**

**Failure to stop could result in a £1000 fine or points on your licence**

[www.cormactd.co.uk](http://www.cormactd.co.uk)



**CORMAC**

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CORSEY GROUP  
A CORNWALL  
COUNCIL COMPANY

## FOAS Easter Disco - Wednesday 29th March

FOAS are holding an Easter Disco on **Wednesday 29th March**. Times are as follows:

**Reception and KS1 4.30-5.30pm**

**KS2 - 6-7pm**

The cost is £1.50 to include a drink and a small Easter egg. All proceeds raised will go to FOAS funds.

## Non uniform day - Friday 31st March

For the last day of term your child may wear their own clothes if they'd like to. To raise funds for FOAS if your child could bring a donation (we suggest £1), this would be very

much appreciated. School will finish at the normal time of 3.15pm.



## Clubs

**ALL clubs have now finished** apart from after school child care. A new club list for the summer term will come home on the first day back after Easter, Monday 17th April.

## Lost property box

The lost property box is full again. If you are missing anything please check the box before next Friday 31st. This is situated to the left of the side hall door behind the table tennis table. All unnamed items will be emptied out and taken to the charity shop next Friday.

Theo from Kerris passed an audition in November to be part of the cast for The Minack Theatre production of 'Giants'. He is taking part in all ten performances over the Easter holiday. The play is a musical comedy, and is described by Theo as 'perfect family entertainment'. Tickets are still available from the Minack box office, but are selling quickly!

## Year 6 camp payment

Final payments for the Year 6 London trip need to be made online **by 31st March** at the latest please. We also need £10 in cash for our food on the journey home which should be handed into the office. Thank you.

Tickets on sale after Easter! Look out for a text.

# Alverton Primary School presents



ROALD DAHL'S  
**Matilda**  
THE MUSICAL JR.

Wednesday 24th May 2023 at 6.30pm  
Thursday 25th May 2023 at 6.30pm

### Tickets

£4.50 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children  
who would like to attend.

Book by  
Dennis Kelly

Music and Lyrics by  
Tim Minchin

Roald Dahl's *Matilda The Musical JR.* is presented through special  
arrangement with, and all authorized materials are supplied by,

Music Theatre International, New York, NY

(212) 541-4684 [mtishows.com](http://mtishows.com)

3:15 PM TUESDAY 28<sup>th</sup> MARCH  
IN THE SCHOOL  
HALL

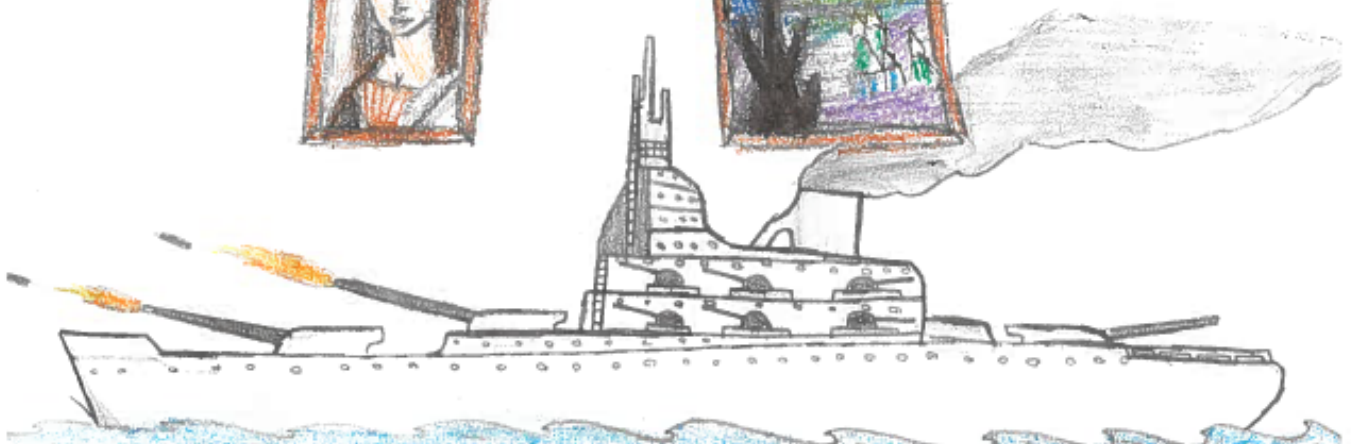
KS2 ART  
EXHIBITION!



TUESDAY 28<sup>th</sup> MARCH



By Rickie  
and  
Dusty





## 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

# Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

## BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

## AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

## NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

## LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

## CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

## Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.nose.gov.uk/>

CCTV  
IN OPERATION

## 'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

## DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

## TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.


## GET CREATIVE


The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

## STAY VIGILANT


The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Staying in a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

 **National Online Safety**  
#WakeUpWednesday

 @natonlinesafety

 /NationalOnlineSafety

 @nationalonlinesafety

 @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.03.2023

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 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

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>★ Kittiwakes</li> <li>★ Curlews</li> <li>★ Puffins</li> <li>★ Owls</li> <li>★ Kingfishers</li> <li>★ Trencom</li> <li>★ Lanyon</li> <li>★ Kerris</li> <li>★ Bodrifty</li> <li>★ Bosigran</li> <li>★ Kenidjack</li> <li>★ Lunchtime Star</li> </ul> | <ul style="list-style-type: none"> <li>★ Paige</li> <li>★ Finley</li> <li>★ Alexander</li> <li>★ Ruby</li> <li>★ Otilie</li> <li>★ Gia</li> <li>★ Florence</li> <li>★ Kieran</li> <li>★ Kenzi</li> <li>★ Kelley</li> <li>★ Zack</li> <li>★ Fred</li> </ul> | <ul style="list-style-type: none"> <li>for her increased confidence in her own learning</li> <li>for making a super effort with school</li> <li>for working hard &amp; trying hard with your handwriting</li> <li>for amazing progress across all areas of the curriculum</li> <li>for being a super friend &amp; working hard in all her learning</li> <li>for being such a kind &amp; helpful star &amp; always completing her work</li> <li>for being such a helpful person &amp; always smiling</li> <li>for always working hard &amp; impressing us with his endless general knowledge</li> <li>for always working incredibly hard &amp; being such a wonderful member of Bodrifty</li> <li>for being so interested in the world around him &amp; sharing his enthusiasm</li> <li>for cracking on with his SATs revision &amp; making a real difference</li> <li>for his kind nature &amp; lovely manners</li> </ul> |
|---|--|---|



'A chat with your bestie solves everything'. That remains my favourite saying at the moment. I am fortunate in that I happen to see my 'bestie' a lot so am able to offload pretty much whenever I want to. I am totally aware of my good fortune, and really appreciative, but of course, if your bestie isn't around or available for whatever reason, you know where I am, and if you don't, just ask. Or you can come and find me in Curlews, the classroom that has a separate gated entrance by the main school entrance. If you can't reach me before Easter then I will be around as soon as we get back, but please don't wait if it's important, that may only make things worse as you will worry more and for longer. Am always here for you guys, am always close to the kettle and am also a very good tea/coffee maker. And of course, I know where the biscuits are stashed. The best ones. Mrs Daylak

### DIARY DATES

<b>Tuesday 28th March</b> 3.15pm	KS2 Art Exhibition in the school hall
<b>Wednesday 29th March</b>	FOAS Easter Disco <i>See information in this newsletter</i>
<b>Friday 31st March</b> 3.15pm	Last day of term
<b>Monday 17th April</b> 8.45am	First day of summer term



# SPACE

## Supporting parents and children emotionally

**SPACE** is a new **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

**This 5 session, face-to-face programme will cover:**

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

Sessions will run for 5 weeks and it is best to attend all sessions. The group will comprise of a maximum of 6 participants and will be facilitated by two CYP support workers; Marie, Lowenna and Lydia.

**Where:** Maura Place, Market Place, Penzance

**When:** Tuesdays 12.30-2.30pm

**Dates:** 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> May and 6<sup>th</sup> and 13<sup>th</sup> June



To register your interest or find out more, please email

[cypteam@wcwaid.co.uk](mailto:cypteam@wcwaid.co.uk)

HEADSTART  
KERNOW



CORNWALL  
COUNCIL  
one and all - over the hill

Together  
for Families

COMMUNITY  
FUND

from the creators of **The Mousehole Cat** stage show

# Percy Pengelly

and the  
wibble-wobble

by Jenny  
Steele Scolding

Live  
on  
stage



**1-16 April**  
Tremenheere Sculpture Gardens  
Penzance



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ENGLAND**

Illustration © 2014 Andy McPherson  
From PERCY PENGELLY AND THE WIBBLE WOBBLE by  
Jenny Steele Scolding & Illustrated by Andy McPherson

Box Office

01736 810181  
[www.cousinjacks.org](http://www.cousinjacks.org)

**COUSIN  
JACK'S**

**ALL STARS**  
cricket

# Big Moments

All Stars Cricket gives children the chance to play, learn great skills and meet new friends!

Join us at: PAUL CRICKET CLUB  
Sessions will run: 5:30PM FROM FRIDAY 19<sup>TH</sup> MAY  
[allstarscricket.co.uk](http://allstarscricket.co.uk)

Includes Personalised Kit!

**DYNAMICS**  
CRICKET

# This is our game.

Join us at: PAUL CRICKET CLUB  
Sessions will run: 6:30PM FROM FRIDAY 19<sup>TH</sup> MAY  
[dynamicscricket.co.uk](http://dynamicscricket.co.uk)