

Children are loving the 'break the rules' day today - I always enjoy a fab community event and want to thank our brilliant 'Friends of Alverton School' for organising such a great end to the term - I can't believe we are halfway through the school year already! I hope you all have a lovely half term break and enjoy a little sunshine in February.

Simon Brown
Headteacher



Goodbye

We are very sad to be saying goodbye today to two of our longest-standing Teaching Assistants who are leaving Alverton after more than twenty years.

Mrs Luan Richards has worked at Alverton since 2003 and is famed for her tidiness and her ability to get things organised months in advance! Mrs Karen Whipp has been at Alverton since 2002 and has recently brought the garden at the entrance of the school to life, which has been much admired by staff, children and visitors.

Both Mrs Richards and Mrs Whipp have given an enormous amount to Alverton School over the last twenty years and we are very sorry to see them leave. They have provided great support to the teachers with whom they have worked and have cared for and helped countless children over this time. All of our staff go above and beyond what is expected of them, and this has been true of both Mrs Richards and Mrs Whipp on so many occasions.

We thank them for everything they have done and wish them all the very best for the future.

Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

sbrown@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

Wanted

After school club would be very grateful for any indoor games, puzzles and dolls, etc. The lunchtime supervisors are also short of outdoor toys such as prams, dolls, toy cars, etc. If you have any of these you could donate, please bring them to the office. Thank you.

School closes today for the Spring half term holiday and re-opens on Monday 19th February.

THIS IS OUR

HELP YOUR SHELF

How it Works

It’s all free.

Take what you need, whenever you need it.



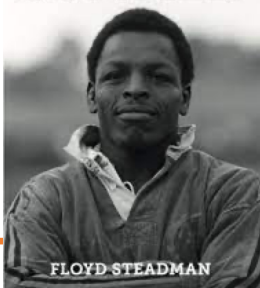
No Questions Asked – No Judgements Made

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.

A huge thank you to Floyd Steadman for coming in to school to talk to our year 5 and 6 children last week. His story is hugely inspirational and the children were truly captivated from start to end.

A WEEK ONE SUMMER



They asked some excellent questions and demonstrated both empathy and interest in the incredible journey that he has been on.



Geevor visit

This half term, children in Year 3 and Year 4 have been lucky enough to visit Geevor Tin Mine as part of the science learning. They had a fantastic time and the staff there were incredibly fun and informative! They especially enjoyed visiting The Dry, where lots of children spotted photos of distant relatives and they had the opportunity to interview a real miner! After lunch, they were able to go underground and explore the 200 year old Wheal Mexico Mine - despite a few initial reservations, almost every child made the journey underground - helping their teachers along the way and making sure no heads were bumped!



This was a fantastic trip, thoroughly enjoyed by all staff and children. The day was topped off with a fantastic rendition of Cornwall My Home; Clint sung and played the guitar whilst Mike sung along with the accordion and we all joined in. We are very grateful to Cornwall Heritage Trust for part funding the travel for this trip - without their support it might not have been possible.



Make sure home is a safe online space

We're sharing these useful resources:

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

- **Talking to your child about online safety:**

[Teaching Your Child about Internet & Online Safety](#)

[Conversation starters for your child's online life](#)

<https://www.childnet.com/parents-and-carers/have-a-conversation/>

- **Setting up parental controls:**

[Deciding what's appropriate for children to see online](#)

[Parental Controls & Privacy Settings Guides](#)

- **Guide to apps:**

[A parent's guide to apps for kids](#)

[13 great apps to keep your kids amused in the school holiday](#)



Phonics for Parents: Supporting Your Child at Home

Free Online Training

Choice of dates and times

BOOK NOW ON EVENTBRITE



This training is aimed at parents of children in EYFS and primary school.

Learning to read and enjoying reading is fundamental to children's life chances. Phonics is key to decoding and parental support is a crucial factor in ensuring success in reading progress. The aim of this session is to give parents the confidence to support developing readers and writers so they make great progress in reading...and love it!

In this free 1 hour session we will explore:

- What phonics is and why it is important.
- Phonics terminology.
- How phonics is taught in schools.
- How you can help your child with their phonics at home.

Dates:

Thursday 22nd February 2024 6pm – 7pm

Friday 26th April 2024 10am – 11am

Monday 17th June 2024 7pm – 8pm

<https://www.dandelionlearning.co.uk/free-online-training-phonics-for-parents-supporting-your-child-at-home/>

A big thank you!

We'd like to say a BIG thank you to SD Solution UK (Sustainability and Engineering Consultants) in Plymouth for their very generous gift of £250 worth of STEM (Science, Technology, Engineering and Maths) books for our library. They donated brand new books covering many topics for all ages. Here are some of our Year 6 librarians enjoying a good read!



My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

IT'S BACK!

ADULTS' QUIZ NIGHT

Test your knowledge, socialise & enjoy alcoholic/soft drinks
Teams of 6 - Smaller groups/individuals can join forces!
Raise much-needed funds for our school & meet others

FRIDAY 1ST MARCH 2024
MAIN HALL
DOORS OPEN 7PM - QUIZ STARTS 7.30PM PROMPT

**TICKETS £3 PER PERSON FROM THE OFFICE (OR ON THE DOOR),
DRINKS £1.50-£3.50**

Clubs

Please note that some clubs only run for half a term (Year 3/4 Art and KS1 Art) so if your child has been attending this half term they will not have a club after half term. Anyone wishing to continue or join French club on a Monday will need to sign up again with Kidslingo and pay for the next 5 weeks.

<https://www.kidslingo.co.uk/area/french-classes-central-west-cornwall/>



There is only one thing to say as we head off for a half term break...have a lovely week and know I'll be here when we head back to school. I have no idea yet what I will be doing in my break having made no plans at all, which is unusual for me but I'm still really looking forward to it anyway and know that I will be relaxing no matter what I end up doing. For you lovely parents and carers with small children this break may not be completely stress free, and I do understand that completely. I do though wish you the very best of times and will of course be here for you when we return. Love and best wishes, Mrs Daylak xxxx

WORLD
BOOK
DAY[®]

7 MARCH 2024

Why not visit the World Book Day website for loads of reading ideas and inspiration, including the **Share a Story** corner!

<https://www.worldbookday.com/>



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

MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

AGE RESTRICTION
17+

(although the lack of age verification means that someone younger could easily log in with a false date of birth)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

UNDER 18

CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.



IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.



INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.



Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



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.



The National College



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: 07.02.2024

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. 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 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 | Reuben | for joining in & his fantastic social skills |
| Little Owls | Ezra | for always taking part & great work in phonics |
| Kittiwakes | Ava Grace | for always being kind & caring & a lovely friend |
| Curlews | Isaac | for being very kind & helpful in class |
| Puffins | Karter | for his effort in writing & listening well on the carpet |
| Owls | Paige | for being an amazing reader & making such excellent progress |
| Kingfishers | Willow | for working so hard to improve her reading |
| Trencrom | Ted | for always working so hard in every part of his day |
| Lanyon | Brodie | for writing a fantastic non-chronological report about Vesuvius |
| Kerris | Alfred | for his amazing sewing skills. What great enthusiasm! Well done! |
| Bodrift | Gabija | for being such a wonderful member of Bodrift |
| Bosigran | Brodie | for incredible achievement & effort across the curriculum |
| Kenidjack | Tyler | for amazing writing for Room 101 as well as being a general superstar |
| Lunchtime Star | Kerris | for being such a superstar at lunchtimes |
| Breakfast Club | Jacob H | for always having great manners |

DIARY DATES

Monday 12th-Friday 16th February	Spring half term holiday
Monday 19th February	School opens for second half of Spring term
Friday 1st March 7pm	FOAS Adults Quiz Night
Tuesday 5th March	St Piran's Parade for Year 6
Thursday 7th March	World Book Day
Monday 11th-Wednesday 13th March	Parents evening <i>All teacher led clubs cancelled</i>

Disney
Aladdin
JR. ©Disney



16-17 February 2024

**ST JOHN'S HALL
PENZANCE**

**Rising
STARS**

SUPPORTED BY THE
**MINACK
THEATRE**

**Music by ALAN MENKEN
Lyrics by HOWARD ASHMAN,
TIM RICE & CHAD BEGUELIN
Book by CHAD BEGUELIN**

**Based on the Disney film written by Ron Clements,
John Musker, Ted Elliott & Terry Rossio
and directed & produced by Ron Clements & John Musker**

Booking opens 1 December

01736 810181

minack.com

Disney's Aladdin JR. is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI. www.mtishows.com

FOOTBALL CAMPS FEBRUARY HALF TERM



Dates

Tuesday 13th February
Thursday 15th February

Soccer Tots, 3 - 6 Year Olds

School Years Reception & Year 1
10am - 12pm
£6 per day | £10 for 2 days

Soccer Pros, 7 - 13 Year Olds

School Years 2 - 8
10am - 3pm
£15 per day | £25 for 2 days

Venue

Mounds Bay Football Development Centre (MBFDC)
Mounds Bay Academy Sports Centre, Heamoor, Penzance, Cornwall, TR18 3JT

Other Info

All children are welcome to attend from any school or club
The MBFDC coaching staff are UEFA / FA qualified & DBS checked

Register

Pre-booking only, register & book online
Visit the website for further information!

Website link - www.mbfdc.co.uk

