

Dear Parents and Carers,

I wanted to start by sharing with you all how incredibly proud myself and the staff are of our Year 6 pupils who took their SATS this week. It was great to see so many of them enjoy their 'brainy breakfast' and I particularly enjoyed having an opportunity to have conversations with them as they ate their breakfast, before they started their SATS each day.

On Wednesday, our Year 2 children took part in a music workshop led by Matthew Street, Director of Music from Humphry Davy School. The children took part in lovely singing, body rhythms and listening activities as well as exploring the elements of music.

As our children continue with the Frozen rehearsals, I have been really impressed by the singing and acting that I have seen. Everyone is working hard behind the scenes, and I cannot wait to see the final performances next week!

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

Mrs Simpson  
Acting Deputy Headteacher



## Term dates 2024-25

A copy of next year's term dates are attached to this newsletter and can also be seen on the school website under Parents, Term Dates.

## Year 3-6 break time

All children in Year 3-6 should bring a healthy snack with them every day to eat at break time. Items can be bought at the tuck shop for 50p or please send them in with a snack such as breadsticks, fruit or vegetables or crackers. **All children need a named, filled water bottle in school every day.**

**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)

**Clubs cancellations**

Year 3/4 VR club is cancelled on Thursday 23rd May due to the school show.

Year 5/6 Drama club on Wednesdays has now finished. for this year.

**Spanish**

Yr 1-6 Spanish club will continue after half term with Kidslingo, starting 10th June, if enough people sign up. If your child is interested, please go to:

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



**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.**

**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.

**Global Borders after school club**

Global Borders are running another Year 1-6 surf club after school on Thursdays after half term.

At the moment they don’t have enough children signed up to run it. If you’d like more information, please see the email that was sent out 2 weeks ago or come to the office for a form. The cost is £120 for 6 lessons.

## **Class photos**

Hatchbox Photography will be in on **Friday 24th May** to take main school class photos. You will be sent information about how to order them after they have visited. Please can your child wear their smartest school uniform. Reception should wear their uniform to school, not their PE kit.

## **Help for FOAS (Friends of Alverton School)**

FOAS (Friends of Alverton School) have found that, over the past six months, their numbers have dwindled to such an extent that they are currently no longer able to run the majority of school and community events that they have done so in the past. This puts a number of events, such as the Summer Fair, in jeopardy. They are now reaching out to all parents and relatives to see if they can get enough volunteers and organisers to enable such events to happen. If you are able to support them by giving some of your time, please get in touch by emailing the office [alverton@tpacademytrust.org](mailto:alverton@tpacademytrust.org) and we will pass your details on. Thank you very much.

Well the picture says it all....the sun is finally here and it's making me feel so much better about absolutely everything. I can see that others are feeling the same as well which is great for those who are feeling positive and happy about life in general, but for those of you who may not be, I'm still here. And if tea is too hot (I can drink it no matter what the temperature) I can find a glass of refreshing water. And biscuits. Tissues too if needed. Hugs galore of course. Much love, enjoy the sunshine, Mrs Daylak



**Alverton Primary School's  
production of**

**Disney**  
**FROZEN** JR.

**Wednesday 22nd May 2024 at 6.30pm**

**Thursday 23rd May 2024 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.

Music and Lyrics by  
**Kristen Anderson-Lopez and Robert Lopez**

Book by  
**Jennifer Lee**

Based on the Disney film written by Jennifer Lee and  
directed by Chris Buck and Jennifer Lee

The original Broadway production of *Frozen* was directed by  
Michael Grandage and produced by Disney Theatrical Productions

This amateur production is presented by  
Music Theatre International  
All authorised performance materials are also supplied by MTI  
[www.mtishows.co.uk](http://www.mtishows.co.uk)



## 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 SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

## UNDERSTANDING SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

## IMPACT OF SCHOOL AVOIDANCE

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

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

@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: 15.05.2024

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.



Funded by  
UK Government



ChatHealth  
Cornwall and the Isles of Scilly

# ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children and young people 5-19 years in Cornwall and Isles of Scilly

TEXT  
...

# 07312 263 499



Get  
confidential  
health and  
wellbeing advice  
and support



Scan me



CORNWALL  
COUNCIL  
one and all - none say all

Together for Families



Council of the  
ISLES OF SCILLY

[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice)

We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



**MAY HALF TERM 2024 HOLIDAY CAMPS**  
**AT ALVERTON PRIMARY SCHOOL**

We are delighted to announce that DT Coaching will be offering a Holiday Camp at [Alverton Primary School](#) this May Half Term, exclusively for students of Alverton Primary School! For those children that enrol on to the Camp, they will have a day full of fun sporting activities, including the opportunity to participate in an array of different alternative activities, such as...

☆ **Laser Tag**  
☆ **Virtual Reality**  
☆ **Ultimate Dodgeball**

☆ **Nerf Wars**  
☆ **Archery & Crossbow**  
☆ **Kinball**

**DT Coaching are offering this Holiday Camp for just two days...**

**Monday 27<sup>th</sup> May 2024**

**9.00am – 3.00pm**

**Tuesday 28<sup>th</sup> May 2024**

**9.00am – 3.00pm**

**FOR JUST £25.00 PER DAY!**

As always, every activity and provision provided by DT Coaching will be led by our highly & fully qualified DT Coaching staff members, with all the required and necessary DBS checks and safeguarding/first aid qualifications. Further details of the Camps can be found below:

**Location for Drop Off/Pick Up -**

**Main School Reception**

**What to Bring -**

**Packed lunch, snacks, plenty of water & suitable clothes/a coat in case of bad weather**

**How to Book** – Bookings can be made one of two ways:

**Option 1:** please complete the Parental Consent Form attached overleaf for each child and return it/them to the school office before... [Wednesday 22<sup>nd</sup> May 2024](#).

**Option 2:** bookings can be made online by visiting: [www.dtcoaching.co.uk/clubs](http://www.dtcoaching.co.uk/clubs). This will take you through to the online booking system, Playwaze. Online bookings will close 24 hours beforehand.

**Payment** –

**Option 1:** Please attach full cash payment of £25.00 or £50.00 to the completed Parental Consent Form when handing these into the school office.

**Option 2:** Payment will need to be made upon booking via the online system.

**Contact Details** – If you have any queries or questions about the Holiday Camps, please do not hesitate to get in contact with our Holiday Club Coordinator, Adam Hall, on:

**Email:** [adam@dtcoaching.co.uk](mailto:adam@dtcoaching.co.uk)

## STARS OF THE WEEK



- |   |  |  |
|---|--|--|
| <p>Little Foxes<br/>Little Owls<br/>Kittiwakes<br/>Curlews<br/>Puffins<br/>Owls<br/>Kingfishers<br/>Trencrom<br/>Lanyon<br/>Kerris<br/>Bodrifty<br/>Bosigran<br/>Kenidjack<br/>Lunchtime Star</p> | <p>Ibrahim<br/>Evelyn H<br/>Kizzy<br/>Felix<br/>Luna<br/>Millie<br/>Enys<br/>Lily<br/>Isaac<br/>Noah<br/>Amelia<br/>Lucie<br/>Angus<br/>Jasper</p> | <p>for his fantastic sandcastle building<br/>for fantastic work in Phonics<br/>for making a positive effort to come into school happily<br/>for being polite, kind &amp; hard working all the time<br/>for such a positive attitude to your learning in recent weeks - well done<br/>for always persevering when the going gets tough<br/>for his amazing descriptive writing<br/>for always working hard &amp; putting effort into producing such beautiful work<br/>for being a Maths wizard &amp; blowing people's minds<br/>for being such a hardworking &amp; sensible member of our class<br/>for being extremely hardworking &amp; such a wonderful member of Bodrifty<br/>for working really hard &amp; having a positive mindset in SATs week<br/>for hard work all year &amp; the fantastic attitude he has shown to his SATs tests<br/>for being a very kind friend</p> |
|---|--|--|

## DIARY DATES

<b>Wednesday 22nd &amp; Thursday 23rd May</b> 6.30pm	School show - Frozen
<b>Friday 24th May</b>	Class photos
<b>Friday 24th May</b>	School closes for May half term
<b>Monday 27th-Friday 31st May</b>	Half term holiday
<b>Monday 3rd June</b>	INSET Day - school closed
<b>Tuesday 4th June</b>	School opens for second half - summer term Swimming starts for Trencrom Group 2 Year 5 Pendennis trip All clubs continue except Drama

## PENZANCE COMMUNITY TOILET SCHEME

FREE PUBLIC FACILITIES IN THE HEART OF YOUR COMMUNITY

Penzance Council's community toilet scheme has been developed to provide clean, publicly accessible facilities with extensive opening hours at various locations.

### Q WHAT TYPES OF FACILITIES ARE OFFERED?

A The amenities provided will vary from business to business; each will have at least one ladies, one gents or one unisex toilet, some will have additional disabled-access and/or designated baby-changing areas. In some instances the facilities may be multi-purpose. All available facilities will be clearly displayed on the signage.

### Q WHO IS THE SCHEME FOR?

A Everybody, local residents or visitors to the parish of Penzance. The initiative aims to make a visit to the town a more enjoyable experience for everyone.

### Q DO I NEED TO BE A CUSTOMER?

A No. All the hosting businesses are recompensed by the council for the public use of their facilities, so you don't need to spend any money to feel entitled to make use of them.



### OPENING HOURS & CONTACT DETAILS:

Opening times may vary between businesses participating in the scheme. For specific information on times, please contact the business directly at the telephone number shown, or check on their website:

**THE LONGBOAT**  
01736 364137  
longboatinn.co.uk

**POPPIES**  
01736 360039  
poppiesteam.co.uk

**EXCHANGE GALLERY**  
01736 363715  
newlynartgallery.co.uk

**SUBWAY**  
01736 364650  
subway.com

**WAVES CAFE BAR**  
01736 630014

**PENLEE HOUSE**  
01736 363625  
penleehouse.org.uk

**THE DOLPHIN TAVERN**  
01736 364106  
dolphintavern.co.uk

**THE LUGGER**  
01736 363236  
thelugger.co.uk

**NEWLYN GALLERY**  
01736 363715  
newlynartgallery.co.uk

**DUKE STREET CAFE**  
01736 368000  
dukestreetcafe.co.uk

**THE SWORDFISH INN**  
01736 362830  
swordfishinn.co.uk

**SPORTSMANS ARMS**  
01736 362831  
facebook.com/sportsmans.arms

**THE COLDSTREAMER INN**  
01736 695490  
thecoldstreamer.co.uk

Information correct at the time of printing - April 2024



PENZANCE COMMUNITY TOILET SCHEME IS A PENZANCE COUNCIL INITIATIVE



For further information please contact:  
Penlee Centre, Penlee Park, Penzance, TR18 4HE  
tel: 01736 363405 info@penzance-tc.gov.uk  
P2Council

## PENZANCE COMMUNITY TOILET SCHEME

FREE PUBLIC FACILITIES IN THE HEART OF YOUR COMMUNITY

# FREE PUBLIC FACILITIES

IN THE HEART OF YOUR COMMUNITY

Information correct at the time of printing - April 2024

### PARTICIPATING BUSINESSES:

- 1 **THE LONGBOAT INN**  
Market Jew Street
- 2 **POPPIES**  
Belgravia Street
- 3 **EXCHANGE GALLERY**  
Princess Street
- 4 **SUBWAY**  
Causewayhead
- 5 **WAVES CAFE BAR**  
Causewayhead
- 6 **PENLEE HOUSE**  
Morrah Road
- 7 **THE DOLPHIN TAVERN**  
Quay Street
- 8 **THE LUGGER**  
The Promenade
- 9 **NEWLYN GALLERY**  
New Road, Newlyn
- 10 **DUKE STREET CAFE**  
6 Duke Street, Newlyn
- 11 **THE SWORDFISH INN**  
The Strand, Newlyn
- 12 **SPORTSMANS ARMS**  
Boltso Road, Heamoor
- 13 **THE COLDSTREAMER INN**  
Gulval

- Gents Toilet
- Ladies Toilet
- Unisex Toilet
- Changing Places Facilities
- Disabled Access Toilet
- Baby-change Facilities

Information correct at the time of printing - April 2024

# Half Term Holiday Camps

**Softball**  
Tuesday 28th May

5 to 8 year olds: 10am to 12pm £16

8 to 11 year olds: 1pm to 4pm £24

**Hardball**  
Wednesday 29th May

8 to 13 year olds: 10am to 12pm £16

Club hardball players: 1pm to 3pm £16

At Cornwall Cricket Centre

Truro College Campus  
Truro  
TR1 3XX

To book scan the QR Code or use the link in the text