



Dear Parents and Carers,

We have had another very busy week here at Alverton. The first duckling hatched in Kittiwakes and Curlews and Mrs Daylak is smitten and so are most of the children. I have to admit to sitting transfixed whilst watching it hatch on Wednesday – it's surprisingly addictive!

This afternoon we have held the final of Alverton's Got Talent. This has consumed the interest and imagination of many of the children this week and we have had some absolutely delightful contributions, both in the finals today and in the earlier rounds in the classes, from violin playing and comedians, to story reading and singing! It has been lovely to see that so many children have the confidence to take part and to also have such varied interests and talents. Some auditions even brought some staff to tears! Well done to everyone who has been involved - you were amazing.

Yesterday, we were visited by Chris Gould, TPAT's Director of Education, who came to have a look at reading in our school and was delighted by what he saw. The focus was how reading is taught in different classes to children of different ages, particularly through whole class reading lessons. He and Mrs Wilkes, our Vice Chair of Governors who also visited, were very impressed by how well the children talked about their experience – and love – of reading. Thank you to Mrs Clive for her expert leading of English at Alverton and to Mrs O'Rourke for sharing her knowledge about how we teach reading in Key Stage 2.

One of the nicest things that has happened this week is that Alverton was described by one of the children as "like a second home, and a family, where everyone is accepted".

If you don't already, please follow us on Facebook for an insight into some of the many things going on at school each week.

Have a lovely weekend,

Cathryn Wicks  
Head of School

**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)



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A CORNWALL  
COUNCIL COMPANY

## Parents Evenings - Reception

Booking for parents evening has now closed. Mrs Daylak and Mrs Simpson will be holding their meetings next Monday, Tuesday and Wednesday.

If you didn't book your own appointment via the school website, an appointment time will have been made for you and has been sent to you via text. Please come into school for your meeting.

**If you are going to be unavailable to attend, please contact the school office either by phone or by email so that the teacher can be informed.**

## Plastic free tuck day

Thanks to everyone who is trying to go plastic free for tuck regularly. The School Council would really appreciate it if you could support a plastic free tuck day next **Wednesday 22nd March**. Please send tub in using a paper bag or reusable tub.

Thank you for your support.

Alverton School Council

The logo for 'Plastic Free' features the words 'PLASTIC' and 'Free' in a colorful, hand-drawn style. 'PLASTIC' is in blue and green, while 'Free' is in green and blue. The letters are slightly irregular and have a soft, watercolor-like texture.

## 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.

## Healthy tuck

A reminder that any tuck for breaktime should be healthy and should not be crisps, biscuits, sweets or chocolate. Suitable items are breadsticks, crackers, fruit or vegetables. All Reception and Key Stage 1 children are offered a piece of fruit or vegetables for their snack as part of the Government School Fruit and Vegetable Scheme.

## Clubs

**ALL clubs finish next Friday 24th March** 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

Vivian in Kerris has lost his new coat. It's a black/dark navy puffa coat with no hood and is named. Please check at home in case it has been brought home by mistake. Thank you.

## Reading Revolution Update



**Fantastic news!** Since we launched the Accelerated Reader program in KS2 our pupils have logged an **amazing 9,195,347 words**. A huge well done to KS2!

Our recent **KS2 Reading Survey** showed that the overwhelming majority of KS2 pupils enjoy reading and feel that it is a good use of their time. 77% reported that they read outside of school time at least a few times a week but, with your help, we could get this nearer to 100%!

The survey also showed that some of our pupils don't yet belong to a local library so if you're interested in getting your child signed up you can find more information here: <https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/join-the-library/>

As requested by you we now have our **Book Swap** up and running in the school entrance. Please feel free to come along with your child and liven up your reading material with something new and don't forget to leave something for someone else to enjoy!

Watch out for an **Easter Reading Bingo challenge** coming home soon with Edge of the World Bookshop vouchers for the lucky winners.

For more information about all things reading at Alverton School please visit our website: [https://alverton.eschools.co.uk/web/reading\\_and\\_phonics/297522](https://alverton.eschools.co.uk/web/reading_and_phonics/297522)



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

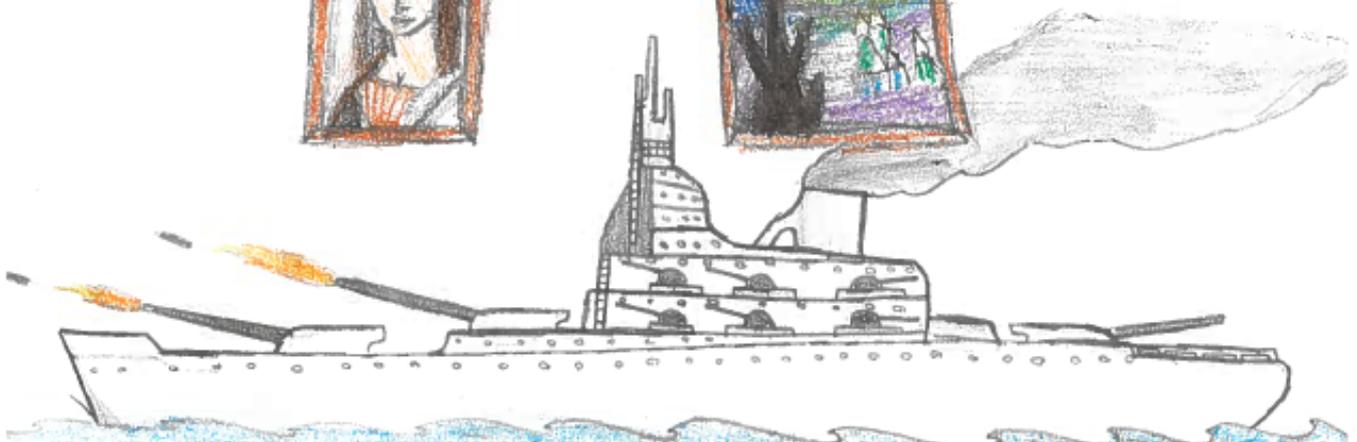
KS2 ART  
EXHIBITION!



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

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**NOS** 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: 15.03.2023

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

Kittiwakes

Curlews

Puffins

Owls

Kingfishers

Trencrom

Lanyon

Kerris

Bodrifty

Bosigran

Kenidjack

Lunchtime Star

## TO BE ANNOUNCED ON MONDAY

Hi everyone, I'm not sure what I was reading when I came across this quote, but I really like it. "Best friends are people who make your problem their problem, just so you don't have to go through it alone." I really liked it partly because it made me realise that I am incredibly fortunate to have so very many friends, among them a few 'besties' and yes, they do make problems easier to carry, because for me, once I've talked about it, I feel better. Also, as I talk about a problem, that's often the time when a solution pops into my head. You may well all have best friends, but I can help too. I can listen. Smile. Nod at the right times and share a problem while you solve it. I can offer my opinion if you want it or I can simply listen. Mums or dads, grandparents, aunts or uncles, I'm here for you all. Have a lovely weekend, Mrs Daylak



### DIARY DATES

**Monday 20th– Wednesday 22nd March**

Reception parents evenings

**Wednesday 29th March**

FOAS Easter Disco

*Information to follow*

**Friday 31st March**

Last day of term

**3.15pm**

**Monday 17th April**

First day of summer term

**8.45am**

# 'HAVE A GO DAYS'

FREE TO ATTEND. A FUN AND FRIENDLY  
ACTIVITY FOR CHILDREN WITH  
ADDITIONAL NEEDS OR DISABILITY AND  
THEIR SIBLINGS OR FRIENDS, AGES 6-17



## EASTER BREAK!

Wednesday 5th April  
& Thursday 13th April at:

10am-12pm at Bodmin  
Leisure Centre

2-4pm at Cornwall College



Booking is essential. For more  
information and to book your free  
place(s) contact Sharon on:

01736 759500 or email  
sharonw@disabilitycornwall.org.uk

Find us on Facebook by searching  
'Have a Go Days Cornwall'.



**TIME  
MOVE**  
Holiday Programme

Ages  
5-16

**Easter 2023**

Yoga, circus skills, rock  
pooling, multi-sports, forest  
schools and SO much more!

Every session includes a healthy meal for all children.

Activities are taking place across Cornwall during the Easter holidays  
**April 3rd - 14th**

Visit our website to register now

- Activities available for children aged 5 - 16 •
- Funded places for ALL children eligible for benefits related free school meals •

For more information:

<https://www.activecornwall.org/T2MHolidayProgramme>  
Time2Move.HolidayProgramme@cornwall.gov.uk  
01872 323335

@t2mholidayprog  
@t2mholidayprog  
@t2mHolidayProg



## Trains & Boats & Planes!

### and Much More!



A Celebration of modelmaking talent in  
Cornwall

Pool Academy, Church Road, Pool TR15 3PZ  
Sat. & Sun. April 15 & 16 2023

Free parking, easy access, refreshments & hot food  
14 model railways plus displays of boats, aircraft,  
model trucks, buildings & modelling demonstrations

Presented by Helston & Falmouth Model Railway Club



[www.hfmrc.com](http://www.hfmrc.com)





## Junior/Family Taster Days

Three dates in April 2023

Great opportunity for children and families to try golf for the first time or perhaps get back into the game.

All activities are FREE!

Qualified Coaches, equipment provided, fun events!

Sunday 2<sup>nd</sup> April 2023 – China Fleet Country Club, Saltash, PL12 6LJ

Sunday 16<sup>th</sup> April 2023 – St Austell GC, Tregongeeves Ln, PL26 7DS

Sunday 30<sup>th</sup> April 2023 – Hayle Golf, Wheal Alfred Rd, TR27 5JT

2.00pm to 4.00pm each day/date



For bookings please contact:

Richard Bunch – Junior Development Officer

Cornwall Golf Union

Mbl: 07958 – 262193

Email: jdo.cgu2022@gmail.com

Chris Pountney – Secretary

Cornwall Golf Union

Email: secretary@cornwallgolfunion.org.uk

## EASTER FOOTBALL CAMPS



Easter Dates (2023)

Tuesday 11th April

Wednesday 12th April

Thursday 13th April

Soccer Tots, 3 - 6 Year Olds

School Years Reception & Year 1

10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days

Soccer Pros, 7 - 13 Year Olds

School Years 2 - 8

10am - 3pm

£15 per day | £25 for 2 days | £35 for 3 days

Venue

Mounts Bay Football Development Centre (MBFDC)

Mounts Bay Academy Sports Centre, Heamoor, Penzance, 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, pay & book online!

Visit the website for further information

Website link - www.mbfdc.co.uk



The National Lottery

Sponsored · ⚙️

From some of the UK's most loved museums to historic castles 🏰

Free entry or special offers at hundreds of #NationalLottery funded venues!

National Lottery Open Week 18th -26th March.

Ts&Cs apply. 18+

### Easter Holiday Club

Argyle Community Trust will be running Easter holidays activity sessions at Humphry Davy School on Tuesday 11th, Wednesday 12th, Thursday 13th and Friday 14th April.

The sessions are open to children from the age of 7 to 16. During the sessions children will be able to take part in a variety of activities such as Football, Basketball, Tennis, Badminton, Netball, Arts & Games. Each day the school kitchen will be providing lunch and fruit for all children who attend.

Please click on the link to book your place:

<https://playwaze.com/discover/result?item=4r399obbm919xd&type=Communities>

### Information from one of our parents

Next week is open week for lots of locations funded by the National Lottery good causes projects and there's free entry for 1 adult plus 1 guest upon showing any national lottery ticket, scratchcard or digital ticket purchased online. Booking must be made through the national lottery good causes web page. For example we're booked for the Eden project on Sunday completely free (technically £4 to buy 2 lottery tickets as we don't usually play!).

**FREE ENTRY & SPECIAL OFFERS**

**18th - 26th March**

**AT HUNDREDS OF NATIONAL LOTTERY FUNDED VENUES**

THE NATIONAL LOTTERY

\*Ts&Cs apply. 18+

[www.nationallotteryopenweek.com](http://www.nationallotteryopenweek.com)

National Lottery Open Week

Learn more