

Dear Parents/Carers

This week we have been trialling a new routine at lunchtimes. The aim of the change was to enable the children to have more space to play outside, and to be able to stay out for a longer period uninterrupted. The plan this week has been that EYFS and KS1 eat in the hall first, while KS2 have 40 minutes outside. Then we swap around and KS2 are in while EYFS and KS1 play outside. We have had sports organised by our sports leaders on the bottom playground, and then a range of toys to play with on the top playground. For each sitting the children stay in the hall for 20-30 minutes. We have found that outside has been very successful, with children having space to play and there have been less friendship issues. There have also been less accidents as the children have had more space. We have also found that inside, the children have had more time to sit and eat their food, and have had more interactions with their peers. We will continue our trial next week and add in the lunchtime clubs and access to the woods again and then I will be asking for children for feedback.

Over the last 2 weeks, Upper KS2 have been visiting Penlee House as part of their Romans project. The children have had such a great time and learned a lot using their wonderful artefacts. Behaviour has been noted each time, with our children impressing the experts with their knowledge. Next week it is Kenidjack's turn. I'm sure they will do the school proud!

I am looking forward to seeing you at next week's harvest festival.

Nichola Smith
Headteacher

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@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

Clubs

Drama Club will NOT be on for Year 5 next **Thursday 9th October**. Only Year 6 should attend on those dates.

There will be no teacher-led clubs on Monday 13th, Tuesday 14th, Wednesday 15th and Thursday 16th October due to parent consultations.

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.

Flu immunisation - all years (main school)

This is an **opt in** system so if you do not wish your child to be immunised you don't need to do anything. They will not be asked for this on the day if you haven't booked.

If you would like your child immunised this year, please go online by midday on Wednesday 15th October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

Date of Visit: Friday 17th October

School Code: EE142240

Link: <https://www.kernowimmunisations.co.uk/Forms/Flu>

Tel No.: 01872 221105

Parents Evenings

Booking has now opened for parent consultations (a ten minute face-to-face meeting in school) which are being held in the week beginning Monday 13th October. **If you haven't yet booked your appointment time please go online and do so before the booking window closes on 8th October.**

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the and click onto the white log in button (next to the owl icon) in the red bar at the top of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

Parent visits for Reception September 2026

If you have a child who will be going into Reception next September and would like to look around our school, we have visits arranged for the following dates:

Wednesday 15th October at 2pm

Thursday 27th November at 2pm

Thursday 11th December at 2pm

Thursday 8th January at 2pm

Mrs Simpson, our Early Years Lead and Deputy Head will show you around the Reception classrooms, outdoor learning space and the school and can answer any questions you may have.

Harvest Festival (Year 1-6)

We are delighted to invite you to our Harvest Festival on Thursday 9th October at 9.30am. Reception parents are welcome but their children will not be involved.

As part of this we will be supporting the CTIPA foodbank in Penzance with donations from our school community. We will be collecting from next week. They cannot distribute fresh food but anything else will be very gratefully received. Last year you were incredibly generous and we collected an enormous amount of food. This year, our help is needed as much as ever. If you would like to help, please send in your donations with your child from Monday. Thank you.

We will also be serving coffee and cakes after the service and all money donated will be given to Macmillan Cancer Support.

Hope to see you there!





PARENT CAFE

With Lauren Ladd from
Parent Carers Cornwall



- *An opportunity for parents/carers to speak, be heard and meet whilst enjoying tea/coffee/biscuits.*
- *Q&A session at the end*

- ✓ Learn more about language and neurodiversity
- ✓ Share your worries with others
- ✓ Access support networks



Wednesday 8th

OCTOBER 2025

9am – 10am
Alverton School

**For more information, please contact
Miss Atkins**

October Half Term Holiday Club

Woodland Nursery will be running a holiday club during the October half term for children in Reception class and Year 1 only. As spaces are limited, please reach out to Kayla via the FAMILY app or email if you'd like to secure a place for your child.

Time: 8.00 am - 4.00 pm

Dates: Wednesday 22nd October - Friday 31st October (please note, Monday 27th October is already fully booked)

Cost: £35, with additional fees for extended hours and cooked lunch.

For more details, don't hesitate to chat with Kayla!

Email: woodlandnursery@alverton.tpacademytrust.org

Phone: 01736 351135

Sometimes all it takes is a kind word, a smile, a simple "hi, how are you?" and all can be made better in the world of adults. It really is that simple. And drop off and pick up are the best times to do this. They can be such lovely sociable times, but they can also be quite stressful. When I was the parent doing it I really didn't enjoy it at all - I wasn't comfortable with the other parents and carers, didn't have the same social network that they had, I was usually terrified that I was parenting the 'wrong' way (whatever that maybe) and that nobody liked me. The worst times were when my one and only buddy wasn't there to chat with and I would either have to summon immense reserves of bravery from the bottoms of my feet and talk to others or stand alone and wait for the children to go in so I could leave as fast as was humanly possible. When somebody noticed me, smiled and included me in the chat it was lovely. Sometimes they suggested going to the park after school and that made me feel so happy and included. The school gate can be a really lonely place, but you can make it so much nicer. I'll also smile while I make tea and offer biscuits, come and find me if you need someone to talk to. Much love, Mrs Daylak xxxxx





We need your help!

Join the FOAS committee!

Don't let the official-sounding name fool you – the Friends of Alverton School committee is really just a friendly group of parents who come together to plan fun events throughout the school year and help support our school.

We work closely with teachers and staff to decide how best to spend the funds we raise – whether that's on new equipment, special experiences for the children, or improvements around the school.

We'd love to welcome some new faces to the FOAS committee! It's not a huge commitment – just the occasional meeting, a few emails and a good excuse for a chat with fellow parents.

Interested? Curious? Or just want to find out more?

We'd love to hear from you!



You can contact us at:
friendsofalvertonschool@gmail.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



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 Vervan 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



"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.wcwaaid.co.uk/helpline>

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



@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: 21.02.2024

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.

STARS OF THE WEEK

Little Foxes	Ronnie	for his great sense of humour & growth in confidence
Little Owls	Jackson	for settling in so well & making new friends
Kittiwakes	Enzo	Enthusiasm: for showing amazing enthusiasm towards all learning
Curlews	Erin	Kindness: for beautiful manners, always being kind & helpful
Puffins	Dougie	Respect: for being ready, respectful & safe
Owls	Cody	Perseverance: for putting such a huge amount of effort into everything
Kingfishers	Beeda	Enthusiasm; for always showing she is ready to learn
Trencrom	Scarlett	Perseverance: for always trying her best & being ready to learn
Lanyon	Paige	Enthusiasm: for always showing beautiful listening skills
Kerris	Wilbur	Perseverance: for working so hard this week
Bodrift	Jack	Enthusiasm: for fantastic enthusiasm for all he does
Bosigran	Senara	Enthusiasm: for working extremely hard in all her lessons
Kenidjack	Oscar	Enthusiasm: for an absolutely brilliant Roman soldier complaint letter
Lunchtime Star	Alora	for taking the new routine in her stride

DIARY DATES

Thursday 9th October 9.30am	Harvest Festival in the hall <i>Followed by coffee & cake in aid of Macmillan Cancer Support</i>
Monday 13th - Thursday 16th October 3.30-6pm	Parents evening meetings - clubs cancelled <i>Please book online</i>
Monday 20th & Tuesday 21st October	INSET Days - school closed
Wednesday 22nd - Friday 31st October	Autumn half term holiday
Monday 3rd November 8.45am	School opens
Friday 28th November	Clubs finish
Monday 1st December 9.30am	Advent Service <i>Followed by coffee & mince pies</i>



Believe Academy FREE Open Day!

*Saturday 18th October
Dance and singing workshops from 9am-3pm
Held @ Mounts bay school.
Open to everyone all ages and abilities welcome.*



Email: infobelieveacademy@gmail.com



Phone: 07919062831



Facebook: Believe Academy Penzance

COMMUNITY ACTION FESTIVAL

AT HUMPHRY DAVY SCHOOL

FRIDAY 24TH OCTOBER
12PM – 6PM

Free half-term family fun
Cost of living and wellbeing support

FREE FOOD

FAMILY ACTIVITIES & ENTERTAINMENT

**DISCOVER LOCAL SUPPORT
AND COMMUNITY GROUPS**



**HOSTED BY
ANDREW GEORGE MP**

