



28/3/25

FRIDAY NEWS

Nº 26

Dear Parents/Carers

This week has been another great one, with lots of enrichment across the school. We had a workshop for Years 4 & 5 on Tuesday from a group called 'Green up your Act'. The children took part in environmental workshops where they learned about sustainable living and then created art works using recycled materials.

Tuesday was also a great day for our cross country finalists! They travelled up to Newquay to run in the regional finals, and they all ran their hearts out! A very special well done to Joshua in year 5, who came second in his race.

On Thursday we took a group to Songfest 2025. The group had spent time learning 8 different Celtic songs and they went on stage and performed them along with other local primary schools. They were absolutely brilliant - the atmosphere was great and they sang beautifully. A big thank you to Miss Williams for working with the children and helping them perform at their best.

The week ended with Kerris class having a trip to the Kurt Jackson Gallery in St Just. We saw some inspirational art and the children thoroughly enjoyed it.

On Thursday we had a visit from the local police before school. They came to see the situation regarding the traffic. They reiterated that any concerns over dangerous driving and parking needs to be reported on 101. They have also said that civil enforcement officers will be visiting more regularly to monitor the situation. We appreciate your cooperation with this.

Have a lovely weekend

Nichola Smith
Headteacher

New menu after Easter

Aspens new menu for next term which will start after Easter is attached to this newsletter and can also be found on the school website under Parent Pages, What's on this term. This will run into the Autumn term up until October half term. You should be able to choose these meals on the Aspens Select system soon.

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

All clubs have now finished except Year 3/4 Art - last one on Tuesday 1st April.

Next term's club list will come home soon.

Year 6 London

Final payments

A reminder that all remaining payments for this year's trip to London should be paid in full by **Monday 31st March**.

Please log into Arbor (we no longer use Schoolmoney), check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

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.

Thank you!

Last Friday we had a talent show and the children wore their own clothes to school in aid of Red Nose Day. Thank you to everyone who donated. We raised a fantastic **£321.06**.



Tickets on sale after Easter:

Tuesday 22 April - Year 5 and 6 Drama Club parents

Monday 28 April - Year 3 and 4 Choir parents

Tuesday 6 May - everyone else

£5 for adults, £2.50 for children aged 4 upwards (Alverton pupils free)

Cash only please.

Please remember to buy your tickets as soon as possible - they sell out very quickly!

Alverton Primary School's
production of



Wednesday 21st May 2025 at 6.30pm

Thursday 22nd May 2025 at 6.30pm

Music and Lyrics by
Richard M Sherman and Robert B Sherman
Music by Special Arrangement with Sony / ATV Publishing
Adapted for the Stage by Jeremy Sams
Based on the MGM Motion Picture
Licensed Script Adapted by Ray Roderick

This amateur production is presented by
Music Theatre International
All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

Songfest 2025

The Year 5 Alverton Songfest Choir performed in St John's Hall yesterday amidst the massed ranks of many local schools which filled the stage. To a packed audience our children with others from local schools did a performance of 8 songs which they had to learn off by heart with the theme being the seven Celtic nations (Spain, Wales, Ireland, Scotland, Isle of Man, Brittany and Cornwall). Having put in many weeks of practice, our children were fantastic and relished the



whole experience. Thanks to the many parents and families that attended and to Miss Williams and the staff who helped them practice and supported them.

Cross Country Finals

This week seven of our children went to represent the school and Penwith at the Cornwall Cross Country Finals at Newquay. We are so proud of them for their commitment and determination and how well they did. Well done to you all.

A special congratulations to Joshua in Year 5 who came second out of all the Year 5 boys and won a silver medal.



Dads Make Stories Magic

Dads Make Stories Magic is a collaborative campaign from BookTrust in partnership with Farshore and HarperCollins Children's Books.

Sharing books is a great way for dads and their children to spend time together and has fantastic benefits for both of you - but research shows that fewer dads than mums are reaping these rewards, so we want to make sure no one misses out on the magic.



<https://www.booktrust.org.uk/books-and-reading/dads-make-stories-magic/>

Those seasoned veterans of my weekly words will know that I get more and more excited round about now, the days get longer and warmer, the daffodils are everywhere, buds appear left, right and centre, sunshine can be seen in the sky every so often and the Easter holidays loom. I love, love, love this holiday more than any other - more than Christmas (too busy and expensive), half term (too short) and summer (too long). This next break is two whole weeks long and, in my opinion, at the very best time of year. It is, in the words of Goldilocks, "just right". Oh, did I mention chocolate? Another fabulous reason to celebrate this season - egg (of the chocolate variety) hunts (yup, they still happen in my house and long may that tradition continue) and lighter evenings offering a taste of all the



warm weather (fingers crossed) to come. Some of you will love this season and holiday as much as me, some of you less so, some of you may have worries or niggles or grumbles. All are fine but if you would feel better by sharing any concerns with me, anything that is worrying or bothering you or even keeping you awake at night, do come along and chat. I will listen for sure. I also have chocolate here for anybody who would like some so pop in, say hi and have some with me. Or we can share a cuppa. Or both. Take care, Mrs D xxxx



TUESDAY

1ST

APRIL

ALVERTON BREAK THE RULES DAY

Wear a hat / tiara / crown in class

Wear a superhero cape / pyjamas

Crazy hair or hair accessories

Wear sunglasses / a bow tie

Wear a temporary tattoo

Paint your nails

Wear bright/ odd socks

Wear make-up or face paint

Bring a cuddly toy in to class

Wear your uniform backwards

Wear Non-uniform or fancy dress

Chocolate or sweets for break or in a lunchbox

50P

**PER RULE
BROKEN**

50P

**PER RULE
BROKEN**



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



"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

INSTAGRAM

AGE RESTRICTION
13+

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

@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: 25.09.2024

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 | Mohammad | for being kind & helpful |
| Little Owls | Otis | for growing in independence & building his confidence |
| Kittiwakes | Kadie-Rae | Enthusiasm: for amazing effort & independence in your writing |
| Curlews | Ferman | Perseverance: for outstanding perseverance & concentration |
| Puffins | Kyelan | Enthusiasm: for enjoying dancing with his friends |
| Owls | Kizzy | Perseverance: for making super progress in her reading & writing |
| Kingfishers | Florrie | Enthusiasm: for always being prepared to do her best in all her learning |
| Trencrom | Francis | Enthusiasm: for his fantastic writing in English this week |
| Lanyon | Nessa | Enthusiasm: for always trying so hard in everything she does |
| Kerris | Arlo | Enthusiasm: for being the perfect gentleman & valued class member |
| Bodrifty | Sienna | Perseverance: for working really hard in Maths |
| Bosigran | Ashton | Perseverance: for working really hard in English |
| Kenidjack | Sonny | Perseverance: for amazing results in his reading tests |
| Lunchtime Star | Jacob | Perseverance: for real determination to perfect his writing |
| PE Star | Quinty | for always being so polite & having the best smile |
| | Joshua W | for coming second in the Cornwall Cross Country Finals |

Lost property

The lost property box is full again. If your child is missing something please check before 4th April. All un-named items will be sent to the charity shop at the end of term.

DIARY DATES	
Friday 28th March	All clubs finish
Tuesday 1st April	Break the Rules Day in aid of FOAS <i>See poster for information</i>
Friday 4th April 3.15pm	School closes for Easter holidays (normal time)
Tuesday 22nd April 8.30am	School re-opens for Summer term

Little Artists

EASTER HOLIDAY KIDS WORKSHOPS

Thurs 10th & 17th April
at Newlyn Art Gallery

10-11AM - FOR 2-8YRS

11.30-12.30 - FOR 2-8YRS

1-3 - DROP OFF SESSIONS FOR 5-11YRS

BOOKING ESSENTIAL

newlynlittleartists@yahoo.com

£10 per child
£20 drop off



Age 5-9

**HOCKEY
HEROES**

**A HERO
IN EVERY KID**

Calling all Super Heroes

**Come on our hockey hero camp and work
on your super powers**

Meet other 'Supers'

Eggciting Hero Crafts

Hockey Skills and Games

Healthy Hero Snacks

PZ AstroPark



Thursday 10th April

10am—12noon

£10 per child inc snacks and crafts

Info and Booking: pzhchockeyheroes@outlook.com



THE BIG DANCE COMPANY

PRE-BALLET

PLACES NOW AVAILABLE



**FOR AGES 4 TO 5,
EVERY MONDAY FROM 5 TO 6 PM.**

THE BIG DANCE COMPANY , CHAPEL STREET ,
PENZANCE

BOOK NOW WWW.BDC.ME.UK



THE BIG DANCE COMPANY

LITTLE ACORNS POP DANCE



MAKE FUN BUDDIES, BOOST YOUR BOLDNESS, AND
GLOW LIKE A SUPERSTAR!

**AGE 3-6
WEDNESDAYS 4-5PM**

NOW RECRUITING LITTLE DANCERS FOR OUR BIG SHOW 22ND JUNE

THE BIG DANCE COMPANY , CHAPEL STREET ,
PENZANCE

BOOK NOW WWW.BDC.ME.UK