

Fundraising thank you

Our nursery children took part in a sponsored teddy walk this week in aid of Children in Need. They raised an absolutely amazing **£691.50!** Many thanks to all the children and parents who donated and the staff for organising and helping with it. Well done!



Christmas cards

If your child made a Christmas card recently the proofs have come home this week. If you'd like to order any, the deadline is next **Tuesday 21st November**. All profits go to FOAS funds.

Coats and wellies

As the weather is now getting much colder and wetter, please can you ensure that your child has a warm, waterproof coat with them every day and it is named. If they want to go onto the field they should also keep a pair of named wellies in school.

Christmas lunch - Friday 15th December

Letters about arrangements for Christmas lunch will come home on Monday. If your child would like a school lunch on 15th December you must return a slip to us, (with the money if your child's meals are not free) by **Friday 1st December**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

Nursery Christmas lunch will be held on Wednesday 13th December.



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

Date change

Due to circumstances beyond our control, the KS2 Carol Concert is now being held on **Monday 11th December** at 6.30pm at Chapel Street Methodist Chapel and not on Tuesday 12th December as previously advertised.

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.

Year 6 London trip & Year 5 camp 2024

A reminder that the next deposit for Year 6 London of £70 should be paid online **by 1st December** at the latest.

Anyone wishing to pay towards Year 5 camp next June may do so at anytime by going into the Schoolmoney payment site and paying any amount towards to the total. If the box is green you can change the amount.



Just a little reminder about our fabulous Book Swap boxes just inside the door in the school reception (just look for the sign!) A great way to refresh your home reading selection and good for our planet too!



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

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



 **National Online Safety**
#WakeUpWednesday

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	Ryder	for being fantastic at lunchtime & eating all his food with his friends
Little Owls	Aliya	for joining in during group times & for great mark making skills
Kittiwakes	Jack	for a positive attitude to school. Well done Jack
Curlews	Sofia	for super reading progress & a positive attitude to school at all times
Puffins	Arty	for his positive attitude to learning & always giving 100%
Owls	Emilia	for trying her best & always having a big smile on her face
Kingfishers	Jessica	for her super performance at our first Nativity script read through
Trencrom	Kea	for always working hard & a very positive attitude
Lanyon	Sienna	for her excellent participation in class this week
Kerris	Benny	for his fantastic attitude to his learning & for being such a delight
Bodrifty	Lamorna	for beautiful written work in RE & English this week
Bosigran	Seren	for being a great role model this week
Kenidjack	Lily	for amazing writing in her Anglo-Saxon report
Lunchtime Star	Charlie C	for his great smile & healthy lunch choices
	Isaac	for being so helpful tidying the lunch hall at lunchtimes



I've been thinking of you all again, as the nights get darker, the temperature drops and it gets a bit more wintry out there. It's not dark when I leave the house yet in the morning but it certainly is when I go home, which is, as I've written before, a bit of a challenge for me personally. The heating is beginning to come on at both ends of the day but I'm really aware of how much more it costs having had one of those scary 'you owe us more money' emails from my gas and electricity provider, so I feel it shouldn't be on too much (I'm wearing more jumpers for sure). And of course, Christmas is looming which can be another financial concern and worry. Help your shelf is there for anybody and everybody. Please do use it. If you don't want to be seen there are staff who will discreetly fill a bag for you, myself included. Please don't struggle, if I can help, let me know, in any way you are most comfortable with. Lots of love, Mrs Daylak xxxxxx

Time to Move - Active Cornwall - Christmas holiday sessions

Humphry Davy School are hosting holiday sessions from 20th – 22nd December 10.00 am to 2.00 pm which are open to all children 7 to 16 years of age (first come first served) 100 spaces available.

Booking and information:

<https://playwaze.com/humphry-davy-school/4r399obbm919xd/session-display?eventId=PhysicalEventSeries/91394-C>

DIARY DATES

<p>Friday 1st December</p> <p>9.30am</p>	<p>Advent Service</p> <p><i>Followed by coffee and mince pies</i></p>
<p>Friday 1st December</p>	<p>All clubs finish</p>
<p>Wednesday 6th December</p> <p>9.30am and 4pm</p>	<p>Reception Christmas performance - school hall</p>
<p>Friday 8th December</p> <p>2pm</p>	<p>Nursery Nativity - main school hall</p>
<p>Monday 11th December - PLEASE NOTE NEW DATE</p> <p>6.30pm</p>	<p>KS2 Carol Service at Chapel Street Methodist Chapel</p>
<p>Wednesday 13th December</p>	<p>Nursery pupils Christmas lunch</p>
<p>Thursday 14th December</p> <p>2pm and 6pm</p>	<p>KS1 Christmas performance - school hall</p> <p><i>Details to follow for KS1 parents</i></p> <p><i>Please can children attend both performances</i></p>
<p>Friday 15th December</p>	<p>Pupils Christmas lunch (main school)</p>
<p>Tuesday 19th December</p> <p>3.15pm</p>	<p>Last day of term for main school and Woodland Nursery</p>
<p>Thursday 4th January</p> <p>8.25am</p>	<p>First day of Spring term for main school and Woodland Nursery</p>
<p>Monday 15th January</p>	<p>Clubs start</p>
<p>Monday 12th-Friday 16th February</p>	<p>Spring half term holiday</p>