

World book day was fantastic this week. Thank you to everyone who supported it by helping your children dress up and share the love of books and stories. We had a wild day giving out Oscars for book reviews and sharing stories that mean so much to us all. I'd also like to thank everyone who came along to our St Piran's Day dance on Tuesday – it was a fabulous community experience. I love our passion for celebrating the very special place we live and especially enjoyed seeing children dance all the way through town; from Causeway Head, to Morrab Gardens and back up Morrab Road to St John's hall, it was a triumph.

Simon Brown
Headteacher



Parents Evenings - next week

Booking for parents evening has now closed. If you have booked an appointment please ensure we have the correct number for you so that your child's teacher can contact you at the correct time.

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.

If you are going to be unavailable to speak to your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.

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

Club cancellations - next week

All the following clubs will be **cancelled** next week due to parents evenings:

Monday 11th - Y3-6 Football, Y5/6 Art

Tuesday 12th - Y3/4 Art

Wednesday 13th - Y5/6 Drama, Y1/2 Boys Football

All other clubs will run as normal next week.

Thank you

A huge thank you to everyone who donated on Break the Rules Day before half term. It raised a fantastic £415.77 for FOAS funds.

Many thanks also to all the parents who came to the Quiz Night last week. The total raised will be revealed soon.

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.

Year 5 & 6 camp payments

A reminder that final payments for Year 5 (Porthpean) and Year 6 (London) must be made by the following dates:

Year 5 15th March

Year 6 28th March

Please pay online.



A WORKSHOP FOR TIRED FAMILIES

presented by the Cornwall Mental Health Support Team

Sleep Wise – a short presentation by Hunrosa Sleep Consultants to help parents with sleep strategies for young people and families..



Tuesday 12th March 2024
10:00 - 11:30 am
Book [HERE](#)

OR



Wednesday 13th March 2024
16:30 - 18:00 pm
Book [HERE](#)



Mental Health Support Team (MHST)

Time 2Move Holiday clubs - now open for Easter bookings

The Time2Move Holiday Programme will offer fun physical activities, games and wider activities plus a meal for all children.

Activities will be taking place across the Easter, Summer and Christmas holidays. All children aged 5 to 16 are welcome to attend and it is completely **funded** for children that are eligible for benefits-related Free School Meals.

The activities are all delivered by approved providers with the main focus on fun and enjoyment. Before each of the holidays please search for activities near you, book your child's place and we look forward to seeing your child over the school holiday. To book, please see the link below:



<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/time2move-holiday-programme/>

It's finally stopped raining for a couple of days as I write this. I've even seen (shhhh) sunshine! I know, shocking isn't it? I'm hopeful that this is the beginning of spring and that I can finally dry my toes off properly. All that needs to go now is the wind and then I'll feel really happy. The weather really affects many of us, and with the incessant rain I can feel that there is generally a



low mood, one which some of us find harder to cope with than others. And at that point, if there is a problem or a worry, it can be harder to deal with and resolve than if the sun was shining. So, once again, let me remind you that I am always here and will always listen. No matter what the weather is doing. Take care you lovely lot and enjoy your weekend. May it be filled with sunshine. Mrs D x

World of Stories



You can find a great selection of free audio books on the World Book Day website!

<https://www.worldbookday.com/world-of-stories/>

Red Nose Day - non uniform day

Friday 15th March

We are going to be raising money for Comic Relief on Red Nose Day this year by having a non uniform day on Friday 15th March. Please wear something red! Any amount of donation will be gratefully received.



National Sign Language Week

Next week is National Sign Language Week and children in Year 1-6 may have the opportunity to take part in an online lesson.



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 & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+



Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



Meet Our Expert

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



National Online Safety®
#WakeUpWednesday

Sources: <https://help.snapchat.com/hc/en-gb/articles/320576035882-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://help.snapchat.com/hc/en-gb/articles/320576035882-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://help.snapchat.com/hc/en-gb/articles/320576035882-What-is-My-AI-on-Snapchat-and-how-do-I-use-it>



@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: 17.05.2023

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. 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

Little Owls

Kittiwakes

Curlews

Puffins

Owls

Kingfishers

Trencrom

Lanyon

Kerris

Bodrifty

Bosigran

Kenidjack

Lunchtime Star

TO BE ANNOUNCED ON MONDAY

DIARY DATES

Monday 11th-Wednesday 13th March	Parents evening (by phone call) <i>All teacher led clubs cancelled</i>
Friday 15th March	Red Nose Day - non uniform day <i>Wear something red</i>
Thursday 28th March 3.15pm	School closes at 3.15pm for Easter holidays
Friday 29th March-Sunday 14th April	Easter holidays
Monday 15th April	School opens for summer term



Free Family Art Sessions

Easter Holidays

Healthy Cornwall are working with Toughdough to bring you a fun family day of adventure and creativity in Marazion.

We will be walking to the beach to collect some beach treasures, please make sure you have suitable footwear and clothing

Dates: 3rd, 4th or 5th April 2024

Time: 10am - 3pm



Venue: Marazion Community Centre.

Please note: Lunch is not provided and therefore please bring a packed lunch for your family.

**For further information or to book onto a session please contact
Healthy.cornwall@cornwall.gov.uk**

