

Dear Parents and Carers

This week has been a lovely start to the half term, with children all coming back full of smiles and enthusiasm. Our whole school assembly at the start of the week was based around reinforcing 5 ways to wellbeing. We talked about the importance of good mental health and that, if things weren't going so well, there were small, simple things you can do. These are:



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

The children were able to articulate things they do when they are feeling down, with spending time with friends and being in nature being very high on the list. We read a book called 'Ishe: Simple tips from a solid friend'. In the story, Ishe gives advice for what to do when you are struggling with your wellbeing. My favourite page is this one:



Happiness is a choice.

Be happy.

Happiness is something all our children should experience, and it was very evident at the Halloween disco this week! The children were all so well behaved, and they certainly knew how to have fun! Their costumes were amazing and they all loved playing the games that were set up. Thank you so much to FOAS for organising and helping the children to have a lovely time. I would also like to say thank you to all the staff that stayed to help, especially DJs Dawe and Bowman for the tunes!

Have a lovely weekend.

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

Year 1-6 Spanish will not continue on Monday unless there is more interest. If your child would like to join please sign up and pay before Monday morning.

<https://www.kidslingo.co.uk/area/spanish-classes-central-west-cornwall/>

Nerf club for Year 1/2 on Mondays, Year 5/6 on Wednesdays and Year 3/4 on Thursday starts next week for 3 weeks (if there is enough interest). The cost is £15 . You may pay cash to the office if you would like your child to join rather than paying DT Coaching online. Please ensure your payment is made before the club starts next week. If there is not enough interest, these clubs will be cancelled and payments refunded. All clubs finish on Friday 29th November.

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.

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 **Friday 15th November**. All profits go to FOAS funds.

Thank you

Our wear blue charity day on 25th October raised **£255.73** for the Fishermen's Mission. Many thanks to everyone who gave a donation.



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

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each another.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

ANTI-BULLYING ALLIANCE

#WakeUpWednesday

The National College®

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

@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: 06.11.2024

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	Kooper	for great turn taking
	Little Owls	Charlie	for settling in so well & great enthusiasm in his learning
	Kittiwakes	Fletcher	Responsibility: for amazing behaviour & trying your best
	Curlews	Leo	Respect: for beautiful manners, behaviour & a positive attitude
	Puffins	Mason	Respect: for always using such beautiful manners
	Owls	Jude	Enthusiasm: for always being so enthusiastic about his learning
	Kingfishers	Alice	Enthusiasm: for her fantastic attitude to all her learning
	Trencrom	Tanner	Respect: for always working hard & being a great friend
	Lanyon	Afia	Enthusiasm: for excellent contributions in our whole class reading
	Kerris	Wren	Responsibility: for being responsible & always doing her best
	Bodrifty	Kaylan	Respect: for being extremely respectful & polite at all times
	Bosigran	Jayden	Enthusiasm: for great energy & amazing enthusiasm in Macbeth
	Kenidjack	Mani	Enthusiasm: for great enthusiasm & determination with all his work
	Lunchtime Star	Rex N	for super manners

How was it? How was your week away from school? Fantastic fun? Really busy and crammed with activities? A bit lonely? Too much to deal with? Filled with illness? Relaxing? A bit of all of the above? Do you feel as if you've had a break at all? Or could you not take the time to be at home and instead were faced with child care plans to solve? I know that some parents and carers take the holidays in their stride, perhaps having a good support network behind them for those times when things get tough, because, let's be honest, those times do happen, to all of us. And there are others who find it all too much and probably breathe a sigh of relief when school starts again. We're all different, all have a range of support networks (some bigger than others) and all deal with things differently. If you want to come and chat, you know the drill, you know where I am, you know I will listen, make tea, offer tissues and biscuits if required. Until next time, take care, have a good weekend and know that I will still be here for you next week. Much love, Mrs D xxxx



DIARY DATES

Friday 29th November	All clubs finish (except Spanish)
Monday 2nd December 9.30am	Advent Service <i>Followed by coffee and mince pies</i>
Tuesday 10th December 9.30am and 2pm	Reception Christmas performance - school hall <i>Details to follow</i>
Thursday 12th December 2pm and 6pm	Key Stage 1 Christmas performance - school hall <i>Details to follow</i> <i>Please can children attend both performances</i>
Friday 13th December	Pupils Christmas lunch (main school) <i>Please book online via Aspens Select</i>
Thursday 19th December 6.30pm	Key Stage 2 Carol Concert at Chapel Street Methodist Chapel
Friday 20th December 3.15pm	Last day of term for main school and Woodland Nursery
Monday 23rd December - Friday 3rd January	Christmas holidays
Monday 6th January 8.30am	First day of Spring term for main school and Woodland Nursery
Monday 13th January	Clubs start
Monday 17th - Friday 21st February	Spring half term holiday

Action for Alverton Christmas event

December 13th at 6pm at The Pirate Inn

The local residents committee 'Action for Alverton' have informed us that they are organising and funding a Christmas event which includes a visit and gift from Father Christmas free for all children under 10 years who are residents of the Alverton estate (non-residents may register for a small fee of £2 per child).

Booking forms are available in the School office for those wishing to secure a gift for their child.