

Growing links - Penzance Street Food project

Maria from the Penzance Street Food project came to our Friday assembly recently to collect the money we had raised from our Christmas performances. It was nearly £600! Here she is receiving it from our Prime Minister Isaac and our Deputy Prime Minister Izzy. She told us about the work the project does and said a big thank you to everyone who gave a donation. If you'd like more information about their work please follow the link below and if you can volunteer or donate food they would be very grateful. Thank you.

<https://www.growinglinks.org.uk/street-food-project.html>



Unsupervised children before school

Recently a number of children, particularly from Years 3 and 4, have been left unsupervised outside their classrooms before 8.45am. An adult should stay with the child in their care until the doors open. If you need childcare before 8.45am please bring your child to the office and they will be able to join Breakfast Club which costs £2.50 and includes breakfast.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

head@alverton.cornwall.sch.uk 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

Camp final payments

A reminder that the final dates for payment for camp next term as follows:

Year 4 Bude 1st March

Year 5 BF, Penryn 3rd March

Year 6 London 31st March

You can pay as little or as much whenever you would like up to the final date but please ensure full payment is made by these deadlines.

Wanted!

Kittiwakes and Curlews classes would be very grateful for any cardboard kitchen roll tubes and small boxes or packets for making things with. Please could they be clean and not squashed and brought to the office. Thanks very much.

Healthy tuck

A reminder that any tuck for breaktime should be healthy and should not be crisps, biscuits, sweets or chocolate. Suitable items are breadsticks, crackers, fruit or vegetables. All Reception and Key Stage 1 children are offered a piece of fruit or vegetables for their snack as part of the Government School Fruit and Vegetable Scheme.

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.

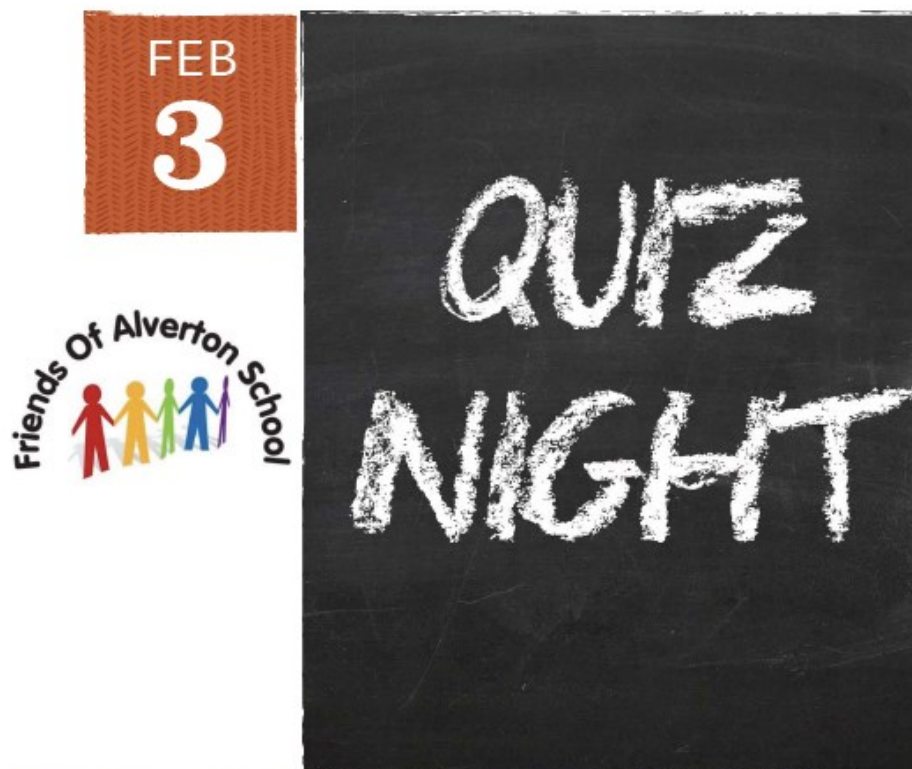
Half term

Spring half term is from **Monday 13th -Friday 17th February** and school will reopen on Monday 20th February.

Words for Life is a great website with lots of resources to help you support your child's language, literacy and communication skills at home:

<https://wordsforlife.org.uk>

“**Words *for* Life**”



GROWN UPS' QUIZ NIGHT

PRIZES TO BE WON!

Come and test your general knowledge, socialise, and enjoy a soft drink, wine or beer from our bar.

Max team of 6, smaller groups/individuals can join forces!

An opportunity to raise funds for the school (FOAS) and meet others.

£3 PER PERSON ON THE DOOR

7-9pm in the MAIN HALL



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

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>

NOS National Online Safety®
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023

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 O'Rourke 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



Kittiwakes	Oscar	for his perfect behaviour all the time & his super reading progress
Curlews	Oscar	for his amazing Maths this week
Puffins	Troy	for being a really kind friend & a thoughtful member of Puffins class
Owls	Nessa	for her beaming smile which is a ray of sunshine in our classroom
Kingfishers	Jordan	for super progress in writing & Maths
Trencrom	Quinty	for her hard work, perseverance & always wanting to help others
Lanyon	Lealou	for her kindness not only to her friends but classmates as well
Kerris	Freya	for always working hard & being so helpful in class
Bodriftly	Kai	for consistently working hard & being such a thoughtful member of the class
Bosigran	Eva Ca	for consistently working hard & achieving high standards in all her work
Kenidjack	Lilly T	for great results in spelling because of super hard work
Lunchtime Star	Mia	for being so kind & helpful with the younger members of the school

LOST

Henry in Kingfishers has lost his new black puffer jacket. It's got a hood, is Morrison's Nutmeg brand and is named. Please check and hand in if found. Thanks.

Daffodils. That's all I need write really, because they're one of my favourite sights and it's the time of year when they are appearing more frequently. No matter how I am feeling, daffodils always make me feel even better so they have, for me, the power to change my mood, lift it if it needs a boost or make me feel even better if I feel good in the first place. There's currently a bunch in a vase in front of me and I guarantee that if you see me around town at the weekend I will probably have just bought some for the sheer pleasure of having them indoors with me. I wonder what cheers you up if you feel flat or sad or worried? If nothing springs to mind, or you want a bit of cheering, or you'd like to come and chat for any reason whatsoever, maybe I can do the job with a cuppa. There's only one way to find out. Take care of yourselves and stay safe. Mrs Daylak xxxxxx



DIARY DATES

Friday 3rd February 7pm for 7.30pm start	FOAS Quiz Night
Friday 10th February 3.15pm	School closes for half term
Monday 20th February 8.45am	School opens after half term

JUNIOR GIG ROWING



JOIN US FOR A FREE TASTER SESSION ON 15TH FEBRUARY

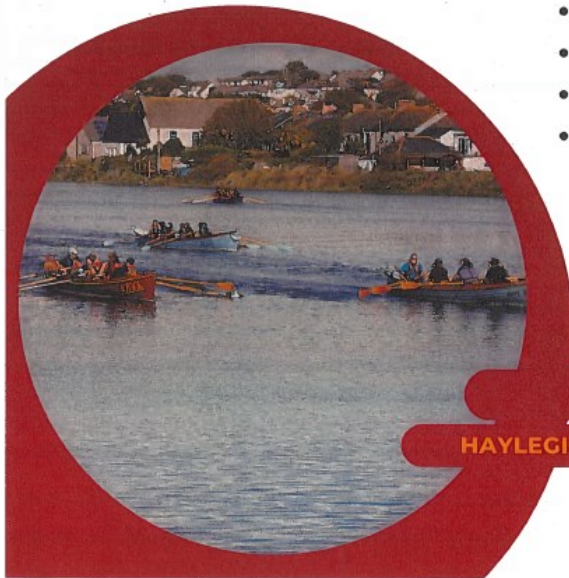
AGE 10 - 16?

Join us for a free taster session on Wednesday 15th February 10:30 - 13:00

North Quay, Hayle

WHAT WE OFFER:

- Make Friends
- Keep Fit
- Have Fun
- Compete



MORE INFO

HAYLEGIGCLUB.CO.UK/JUNIORS



COME TO THE
**PROUD TO CARE
HIRING EVENT**

www.proudtocarecornwall.org.uk



JOB INTERVIEWS ON THE DAY!

St John's Hall,
Penzance
Saturday 28 January
9:30am - 4:30pm