

We've been dancing all this week – The hall is filled with music and our key stage 2 children have been enjoying learning and practicing top moves on the dance floor! The lessons have been led by a dance specialist and I know just how much many of the children have enjoyed it by the smiles on their faces! Kingfishers, Owls, Puffins Kittiwakes, Curlews and Bodrifty are booked in for similar dance lessons on 12th, 13th, 14th and 15th March so no one misses out. However, the dancing does not stop there! Next week we have our year 6 St Piran's day dance on Tuesday 5th March starting at the top of Causewayhead at 10.15am. I'm very much looking forward to this wonderful community event and hope to bump into a few of you there.

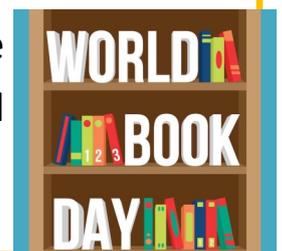
Simon Brown
Headteacher



World Book Day - Thursday 7th March

Non uniform day - dress as a book character or for the Book Oscars

Like last year we will be asking for donations of dressing up costumes if they have been grown out of or no longer wanted which will be put onto the rails in reception with the second hand uniform. Please bring any in that you have spare. If you'd like to look for a costume, please come and help yourself. Any costumes that remain after 7th March will be gratefully added to the EYFS children's dressing up collection.



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.



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

Instagram checklist for parents

Please see the useful checklist that has been sent with the newsletter.

Menu change

Tuesday 5th March - St Piran’s Day

Meat Pasty

or

Cheese & Onion Pasty

Hevva cake and fruit

Jacket potatoes & tomato pasta also available.

PE kit

School PE kit consists of plain black tracksuit bottoms or black shorts with a plain white T-shirt or polo shirt and red Alverton hoodie or plain red jumper. Please ensure items do not have logos on them. Thank you.

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.

Parents Evenings

Booking has now opened for parent consultations (a ten minute phone call) which are being held in the week beginning Monday 11th March. **If you haven't yet booked your appointment time please go online and do so before the booking window closes on 6th March.**

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the and click onto the white log in button (next to the owl icon) in the red bar at the top of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

If you have had or will be having a termly review meeting during the school day on the phone or in person with Mrs Hughes and your child's class teacher, you don't need to book an appointment through the eschools system.

I'm cold, fed up with the rain and feel as if the half term was weeks ago. Was it really only a recent event? Anyway, I'm not feeling great and need warmth, sunshine and a lot of smiles. Cuddles help too. How are **you** feeling? I know we're all supposed to be feeling energised as spring comes along but presently my 'feeling great' hasn't arrived yet. I put on a smile, like we probably all do, especially for the children, and when folk say "Hi, how are you?" I invariably smile back and say "Fine". Sometimes I am, sometimes I'm not. We're probably all the same. Perhaps next time I ask I shall look and listen more

carefully and respond appropriately. Perhaps we all need to be more attuned to each other and properly listen when we ask? Hey ho. Cuddles please. Much love, Mrs Daylak

xxx





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



Everybody read!

Reading together with your child matters!

Sharing books makes a big difference to your child's education.

When you read to your child you are making a positive impact on your child's reading ability and their love of reading.

Reading a book and chatting about it has a positive impact on your child's ability to:

- understand words and sentences
- use a wide range of vocabulary
- develop listening comprehension skills

Reading books your child has chosen to read for pleasure is one of the best things you can do to help them succeed at school.

A love of reading is the biggest indicator of future academic success!

Parental involvement in the development of children's reading skills:
A five-year longitudinal study (2002) Senechal, M. and Lefvre, J.





Everybody read!

Does it matter how I read with my child?

- Studies show that it's the enjoyment and chat that matters!
- The more you chat together about the book and things that interest your child the more impact it has.
- You don't even have to read the words on the page, talking about the pictures is just as important.

Does it matter which language I use?

- Use your home language.
- It is better for your child to hear expert talk from you in your language.
- Many studies tell us it is the back-and-forth talk between adults and children when they are sharing books that makes the difference to children's language and comprehension.
- This impact will translate to better language and comprehension for your child in English.



Does the type of book matter?

- Let your child be the boss of the books they choose. Enjoyment really matters.
- Comics, information books, magazines, story books, picture books, poems and leaflets are all great for sharing.
- Catalogues are fun to share and talk about too.

What if they always want to read the same book?

- Repeated reading of books is really beneficial for children. It helps them memorise parts of stories, words and phrases too.
- Knowing a book or poem by heart is fun and powerful for children, they can 'read' the story with you, or join in with words or phrases.
- If you really want to mix it up offer another book alongside the much-loved favourite!



Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788040/survey_of_pupils_and_their_parents_or_carers_wake-up.pdf
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@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: 28.02.2024

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.



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)

DIARY DATES

Monday 4th March 7pm	St Piran's concert <i>St John's Hall</i>
Tuesday 5th March	St Piran's Parade for Year 6
Thursday 7th March	World Book Day - non uniform day <i>Dress to impress or as a book character</i>
Monday 11th-Wednesday 13th March	Parents evening (by phone call) <i>All teacher led clubs cancelled - booking now open</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



CALLING ALL JUNIOR CRICKETERS

**DO YOU HAVE AN INTEREST IN CRICKET? THEN WHY NOT GIVE IT
A GO? JOIN AS AT HUMPHRY DAVY SCHOOL ON TUESDAY
EVENINGS FROM 6PM UNTIL 7.**

OPEN AND FREE TO ALL FROM THE AGE OF 8 UPWARDS.

NO EXPERIENCE OR KIT NECESSARY!

CALL 01736 362960 OR EMAIL [PENZANCECRICKETCLUB@GMAIL.COM](mailto:penzancecricketclub@gmail.com)

Stage Struck Theatre Company

**proudly
presents**

This amateur production of FOOTLOOSE is presented by
arrangement with Concord Theatricals Ltd.
www.concordtheatricals.co.uk

Footloose

The MUSICAL

Stage Adaptation by DEAN PITCHFORD and WALTER BODDIE
Based on the Original Screenplay by Dean Pitchford
Music by TOM SNOW

Lyrics by DEAN PITCHFORD
Additional Music by ERIC CARMEN, SAMMY HAGAR, KENNY LOGGINS and JIM STEINMAN

The Centre, Chywoone Hill, Newlyn

Performances	Adult	Senior (65 and over)	Child (5 to 16)
Friday 15th March 7.30 pm	£10.50	£8.50	£6.00
Saturday 16th March 2.00 pm	£9.00	£7.50	£5.00
Saturday 16th March 7.30 pm	£10.50	£8.50	£6.00
Sunday 17th March 6.30 pm	£10.50	£8.50	£6.00

01736 365890



Group and family rates available