



20/3/26

FRIDAY NEWS

N<sup>o</sup>. 24

Dear Parents/Carers

The week started with visitors from Ludgvan, Gulval and Threemilestone schools who came to see our EYFS provision across school and nursery. They were very impressed with the children - they were kind, polite and hard working and were so excited to show off their wonderful learning!

We have also had a great deal of sporting success this week. On Tuesday we took a mixed team of Year 5/6 children to Penwith College to take part in the TPAT football league. Mr Holcroft said that they children performed brilliantly and went on to win all of their matches! Thursday was the last day of the hockey league. The children went energised and ready to perform, and perform they did! They have won the whole league! We are very proud of all the children who have contributed to the teams.

Today, Mrs Daylak arranged for Years 3&4 to walk to St Peter's Church. This was an enrichment trip to support their learning in RE this term. The children were thoughtful and respectful and it was great to see them apply their learning to a real life context. A huge thank you to Miss Daylak for organising the trip for us.

Thank you for the contributions to both the uniform survey and the car park applications. I will send out updates on both next week.

Have a great weekend!

Nichola Smith  
Headteacher

## **After school childcare - Thursday 2nd April**

There will be no after school childcare club for any children on the last day of term, Thursday 2nd April. Please collect your child at 3.15pm.

**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at [nsmith@alverton.tpacademytrust.org](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

**Year 5 camp meeting**

**Monday 23rd March at 3.15pm**

If your child is going to Porthpean in June please come to a meeting next Monday with Mrs Williams in Bodrifty classroom at 3.15pm. There will be lots of information given out and a chance to ask questions. Please come along if you can.

**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.

**Club cancellations next week**

Year 4-6 Netball on **Monday 23rd March** and Year 5/6 Art on **Tuesday 24th March** are both cancelled.

Year 5/6 Drama is cancelled on **Thursday 26th March** due to the FOAS Easter Disco.

All clubs finish for this term on Friday 27th March. The new clubs list will come out after Easter. The only club to start in the first week back will be Drama, the first one being on **Thursday 23rd April until 4.45pm.**

Pre-booked after school care will still run up to, and including, Wednesday 1st April. **There will be no after school child care on the last day of term, Thursday 2nd April.**

## Aspens menu - Summer term

Aspens have a new menu starting after the Easter holidays which has been emailed out this week and a copy is attached to this newsletter. It can also be found on the school website under Parents, School Lunch Menu. The new meals can be booked in advance on the Aspens Select site and the menu runs until October half term.

|                        | MONDAY                         | TUESDAY  | WEDNESDAY  | THURSDAY                   | FRIDAY  |
|------------------------|--------------------------------|--|--|----------------------------|---|
| <b>MAIN EVENT</b>      | Macaroni Cheese                | Homemade Sausage Roll with Wholegrain Rice Salad | Roast Chicken, Stuffing, Skin on Roasties and Gravy            | Cottage Pie                | Golden Fish Fingers or Salmon Fingers and Chips |
| <b>WASH-YOUR-MAGIC</b> | Mixed Bean Fajitas with Wedges | Veggie Sausage Roll with Wholegrain Rice Salad   | Cauliflower & Broccoli Cheese Bake, Skin on Roasties and Gravy | Shepherdess Pie            | BBQ Veggie Wrap with Chips                      |
| <b>RAINBOW ALLEY</b>   | Vegetable Sticks               | Mixed Salad                                      | Carrots and Peas   | Mixed Greens               | Baked Beans and Peas                            |
| <b>BIG TOPPING</b>     | Beans, Cheese or Tuna Mayo     | Beans, Cheese or Tuna Mayo                       | Beans, Cheese or Tuna Mayo                                     | Beans, Cheese or Tuna Mayo | Beans, Cheese or Tuna Mayo                      |
| <b>DESSERT TROLLEY</b> | Orange Squash Cupcake          | Strawberry Jelly                                 | Peach Upside Down Cake and Custard                             | Chocolate Cinnamon Cake    | Banana Cookies                                  |

## Year 6 London

### Final payments

A reminder that all remaining payments for Year 6 London is **Friday 1st April**.

Please log into Arbor check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

## Global Boarders Surf Club

### Year 3-6

Global Boarders may run an after school surf club after Easter for 6 weeks if there is enough interest. The cost is £108 and you would need to transport your child to and from Praa Sands beach. For more information please see the email sent earlier this term or ask for a letter at the office. The deadline is 27th March to sign up.

## Lost property

The lost property box is full again. If your child is missing something please check before **Thursday 2nd April**. All un-named items will be sent to the charity shop at the end of term.

## Tickets on sale after Easter:

Monday 20 April - Year 5 and 6 Drama Club parents

Monday 27 April - Year 3 and 4 Choir parents

Tuesday 5 May - everyone else

£5 for adults, £2.50 for children aged 4 upwards (Alverton pupils free)

Cash only please.

# ALVERTON PRIMARY SCHOOL'S PRODUCTION OF



WEDNESDAY 20TH MAY 2026 AT 6.30PM  
THURSDAY 21ST MAY 2026 AT 6.30PM

Music and Lyrics by **Elton John** and **Tim Rice**  
Additional Music and Lyrics by **Lebo M**, **Mark Mancina**, **Jay Rifkin**  
and **Hans Zimmer**

Book by **Roger Allers** and **Irene Mecchi**  
Based on the Broadway production directed by **Julie Taymor**

### Tickets

£5.00 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children  
who would like to attend.

This amateur production is presented by arrangement with Music  
Theatre International

All authorised performance materials are also supplied by MTI

[www.mtishows.co.uk](http://www.mtishows.co.uk)



# Easter Disco

Thursday 26th March

All proceeds  
to FOAS



**£2**  
Suggested donation  
Includes crisps  
and a drink

Reception  
and KS1  
4:30 - 5:30pm

KS2  
(Year 3 and up)  
6-7pm



APRIL  
FOOLS

Wednesday  
1<sup>ST</sup> April

BREAK  
THE  
RULES

50p  
per rule  
broken

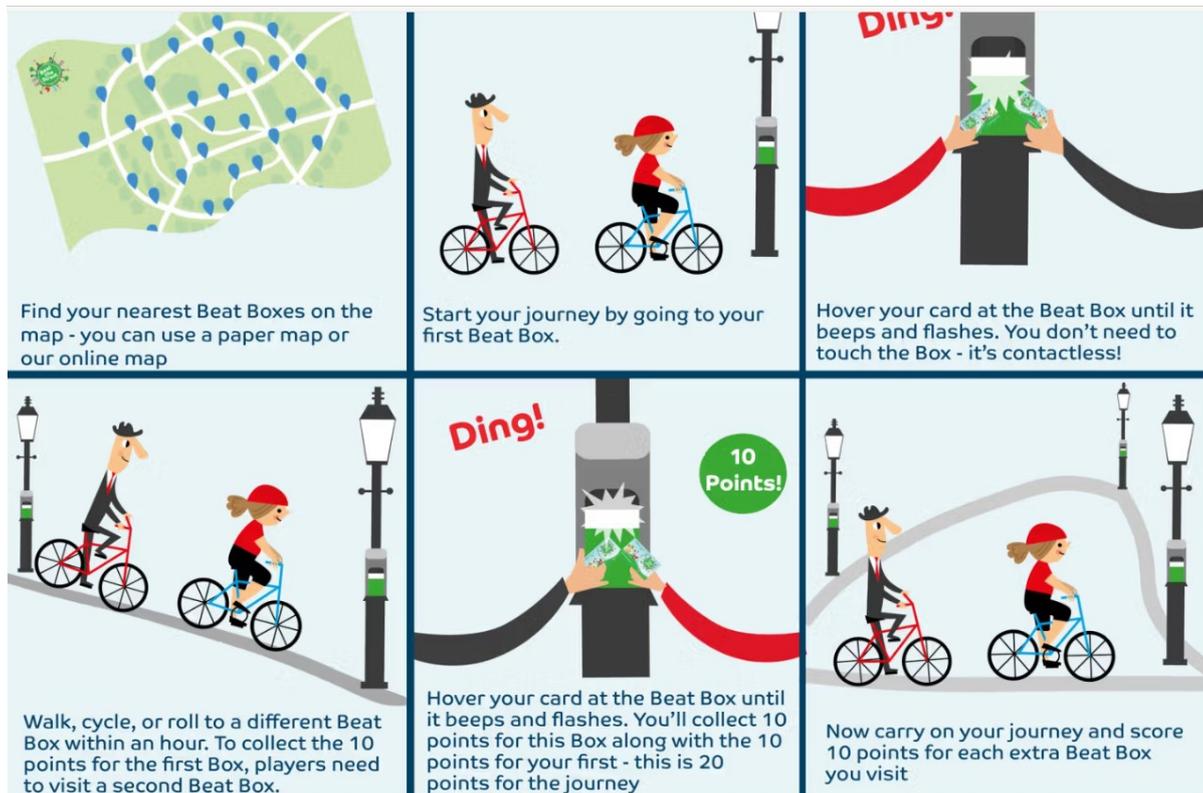
- Wear non-school uniform
- Paint your nails
- Wear temporary tattoos
- Wear face paint or make-up
- Wear fancy dress
- Bring sweets or chocolate for a snack
- Wear a hat
- Have a crazy hairstyle
- Bring a cuddly toy from home

How many rules will you break?

**Beat the Street is a free, fun, walking, cycling and wheeling game that's coming to Penzance from 25th March 2026 and running until 6th May 2026!**

Beat the Street is being delivered by Active Cornwall as part of **Let's Go**, a new local campaign that we're trialling in partnership. Let's Go is all about helping communities shape what this social movement looks like and deciding what activities and ideas matter most to them.

Your child will be bringing home a Beat the Street card for themselves and for you as well as a physical map of where the Beat boxes are located around the town.



When you receive your card, it's really important that you complete the **short survey**. Not only will this give you a chance to be entered into a prize draw, but it also helps us better understand the area and apply for additional funding in Penzance. This funding could go towards projects like skateparks, improved green spaces, or whatever the community feels is most needed.

**You can also download the app from the app store on any smartphone, just search for "Beat The Street"**

You and your child will then earn points for their school team with an opportunity to win prizes each week.

We would love to see photos of you all taking part, please either send them in to us [info@activecornwall.org](mailto:info@activecornwall.org) or tag us on social media using the handles below and the hashtag **#LetsGoPenzance**

**Instagram: @activecornwall Facebook: @ActiveCornwall**

For any other information, head to <https://www.activecornwall.org/beat-the-street/>



**This is a poem – but also a riddle...can you guess who the poets are talking about?**



We are a blackbirds' pizza and crisps....

Squelching slimers  
Blending tunnelers  
Snuffling mufflers  
Burrowing diggers  
Circling drillers  
Gargling poopers



Which end is which?



**Poem by  
Rory, Danielus, Ted, Frankie and Arlo  
From Alverton school.**





## 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



0800 1111

0300 123 3393  
www.mind.org.uk  
**mind**  
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



"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 & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

## WHAT ARE THE RISKS?

### ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

### WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

### SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

### FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

### AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

## Advice for Parents & Educators

### STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

### DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as [reportharmfulcontent.com](http://reportharmfulcontent.com).

### TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

### ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via [childline.org.uk](http://childline.org.uk).

### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



#WakeUpWednesday

The National College®

See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

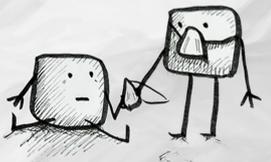
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2026

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](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.

## STARS OF THE WEEK

|   |                |         |   |
|---|----------------|---------|---|
|     | Kittiwakes     | Ned     | Enthusiasm & Perseverance: with his reading and Phonics                     |
|    | Curlews        | Freddie | Perseverance: for huge effort with his learning                             |
|    | Puffins        | Honey   | Perseverance: for perseverance with a Maths challenge                       |
|    | Owls           | Georgie | Perseverance: for working hard to improve her handwriting                   |
|    | Kingfishers    | Sonny   | Enthusiasm: for his fantastic participation in our History lesson           |
|    | Trencrom       | Kizzy   | Perseverance: for working so hard to improve her Maths                      |
|    | Lanyon         | Elijah  | Respect: for being respectful & independent                                 |
|   | Kerris         | Allice  | Enthusiasm: for always trying her absolute best in all subjects             |
|  | Bodriftly      | Chester | Enthusiasm: for working incredibly hard & achieving fantastic Maths results |
|  | Bosigran       | Rowan   | Enthusiasm: for working incredibly hard & achieving fantastic Maths results |
|  | Kenidjack      | Olympia | Enthusiasm: for being extremely hard working & enthusiastic                 |
|  | Lunchtime Star | Ted     | Enthusiasm; for working extremely hard in Maths                             |
|     |                | Sasha   | Perseverance: for hard work & perseverance in Maths & English               |
|   |                | Efa     | for having lovely manners all of the time                                   |

put your own  
oxygen mask  
on first



I can pretty much guarantee that as a parent or carer you rarely (never?) put your own needs, feelings and emotions before your children. Am I right? Thought so. I'm not much different though I learned the hard way a few years ago that if I don't look after myself I may not be the best person I can

be and in turn may not be able to look after others as well as I would like. A friend has been struggling recently with ill health and, like we all do, battled through it until she became unable to carry on. We all know this isn't the way forward but we all put the children in our care first. Have you ever collapsed into bed at night exhausted? Ever wondered what it would be like to have a ten minute break during school holidays or the weekend? Wondered how you are going to get through the next day? Had a coffee by yourself or with friends? I suspect that even if you do, you make plans for what to do next, or you talk about your children, or you worry about your children. I bet I'm right. Plus, and this is a big one (and my personal opinion), children need to know that we exist in our own right, not simply as a parent or carer. There are many ways we can put our own well-being first, and it isn't a selfish thing to do. It makes you a good role model. If you don't look after yourself and prioritise you, nobody else will. Trust me on this. Mrs D xxx



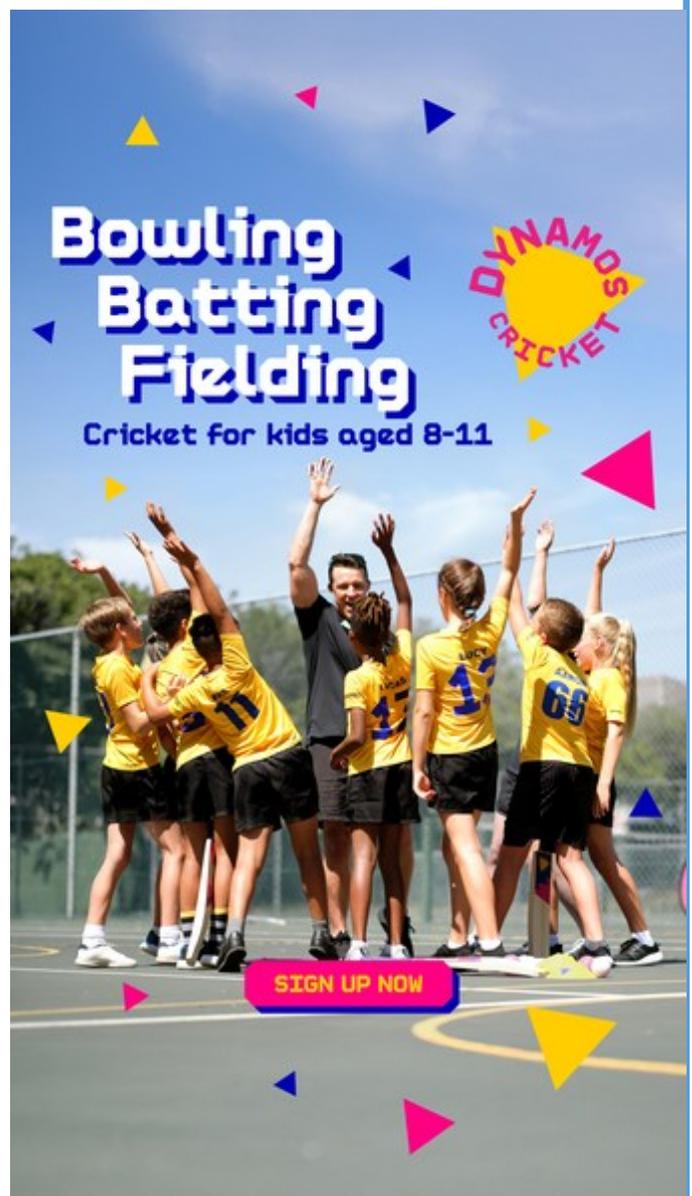
## DIARY DATES

|  |  |
|--|--|
| <b>Monday 23rd March</b><br>3.15pm                           | Year 5 camp meeting in Bodrifty classroom          |
| <b>Thursday 26th March</b><br>EYFS/KS1 4.30-5.30pm KS2 6-7pm | FOAS Easter Disco                                  |
| <b>Wednesday 1st April</b>                                   | FOAS Break The Rules Day<br><i>See FOAS poster</i> |
| <b>Thursday 2nd April</b><br>3.15pm                          | School closes for Easter holiday (normal time)     |
| <b>Friday 3rd - Friday 17th April</b>                        | Easter holidays                                    |
| <b>Monday 20th April</b><br>8.30am                           | School opens for Summer term                       |
| <b>Monday 27th April</b>                                     | Clubs start  |
| <b>Monday 4th May</b>  | Early May Bank Holiday - school & nursery closed   |
| <b>Saturday 9th May</b><br>11am                              | FOAS Duck Race at Wherrytown Boating Pool          |

### Upcoming Fixtures



|                      |   |
|----------------------|---|
| Tuesday 24th March   | Y5/6 Boys Hockey Finals at Millfield School (all day)   |
| Tuesday 24th March   | Y5/6 Girls Football tournament at MBA (after school)    |
| Wednesday 25th March | Cross Country at Cape Cornwall School 4-5pm             |
| Thursday 26th March  | Y5/6 Hockey tournament at Pz Hockey Club (after school) |



Paul Cricket club are excited to announce we are hosting All Stars and Dynamos cricket programmes this summer. This is a great opportunity for children to learn new skills, build confidence, make new friends and most importantly have lots of fun in a welcoming and supportive environment.

For more information please follow the links below:

All Stars (Ages 5-8)

<https://ecb.clubspark.uk/Allstars/paul/Course/2e4f5988-3c4b-412a-a22a-a2a8053e79ef>

Dynamos (Ages 8-11)

<https://ecb.clubspark.uk/Dynamos/paul/Course/e1bf2a9d-cd5a-4f54-8377-78bc94879006>

# EASTER AT GEEVOR



FRIDAY 3RD APRIL – SUNDAY 19TH APRIL

ALL ACTIVITIES  
INCLUDED IN SITE  
ADMISSION!

What's On?

MONDAYS 6TH / 13TH

FUNNY FACES  
FACE PAINTING

TUESDAYS 7TH / 14TH

ALASDAIR  
HOSWELL

WEDNESDAYS 8TH / 15TH

LAURA MIUCCI –  
MINE X CRAFTS

SUNDAY 5TH APRIL

MEET THE EASTER  
BUNNY!

SUNDAY 12TH APRIL

MARK'S WILDLIFE  
ENCOUNTERS

THE COPPER WORKSHOP

DAILY  
ACTIVITIES:

MUSIC WITH MARC  
GO UNDERGROUND  
PAN FOR GOLD & GEMS  
BADGE MAKING  
ROCK LAB  
CORNWALL ROCKS!  
MEET A TIN MINER  
MINERS TALKS  
EASTER TRAIL



FOLLOW US!

# EASTER

# Coast

## ACTIVITY PROGRAMME

★ HAYLE ★ ST IVES ★ HELSTON ★ PENZANCE ★ LUDGVAN

### FOR AGES 5 - 16

Fun sports and activity sessions throughout the day for children in Reception to year 11

### FUNDED

Funded places available for those eligible for free school meals with lunch included

### TIMES AND LOCATIONS

Full or half days available  
Scan the QR code to see full list of locations and times

### ACTIVITIES INCLUDE :



AND SO MUCH MORE



[WWW.COASTACTIVITYPROGRAMME.COM](http://WWW.COASTACTIVITYPROGRAMME.COM)

PHONE --: 07939863010

EMAIL- [CONTACT@COASTACTIVITYPROGRAMME.COM](mailto:CONTACT@COASTACTIVITYPROGRAMME.COM)

# KIDS EASTER THEMED STAMP MAKING AND PRINTING WITH NATASHA THEAKSTON



TUESDAY 7<sup>TH</sup> APRIL 10 - 11.30  
SUITABLE FOR AGE 6+

£15



🎨 ✨ HEY CREATIVE KIDS! ✨ 🎨

Hop on over and join me in the studio for some Easter fun! 🐰

We'll be making our very own awesome stamps—think eggs, 🐰 bouncy bunnies, 🌸 flowers, 🐦 birds, and all things  
SPRING!

Then, we'll use your creations to design colourful cards that you can take home and share with someone special ❤️  
Get ready to create, play, and get a little messy! 😊

4 WOOD ST, PENZANCE, TR184AP

*To book: Email Tash at: [penzanceprintmaker@gmail.com](mailto:penzanceprintmaker@gmail.com),  
message on Instagram or call 07501208302.*