

Dear Parents and Carers,

It was a pleasure on Monday afternoon to lead whole school assembly and welcome all our children and staff back for the summer term.

We reflected on all the things that made us feel happy during the Easter break and eating chocolate eggs featured highly amongst the children!

We then took time to reflect on how smiling, giving compliments and our thoughtful actions can make someone else feel valued and happy. The scenarios that we explored resonated with the children and they were bursting with examples of how they had experienced being made to feel valued by friends and adults around them.

It has been a wonderful start to the term this week and with the sun shining too, we look forward to a new term where we all feel valued and happy. We're hoping to have playtimes on the field as soon as possible and the lunchtimes this term will end at 1.15pm for all children.

Best wishes

Mrs Simpson
Assistant Head



School times for September 2024

We would like to update you on the survey that was carried out last month regarding the different options for the slight change to the school timings. Thank you to all parents and staff who took part. The majority of parents, staff and governors voted for Option 1 and, in agreement with the Governing body, these times will take effect **from September 2024.**

Option 1

Doors Open 8.30am

Registration: 8.45am

End of day 3.15pm

This is current Key Stage 2 timing

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

Clubs

All clubs start next Monday. Some have long waiting lists so if your child does not attend regularly, their place will be given to another child.

Any clubs requiring payment need to be made before the first club or your child will be unable to start.

Year 5 camp meeting

If your child is going to Porthpean in June there will be a meeting next **Friday 26th April** at 3.15pm in Bosigran classroom. There will be lots of information given out and a chance for you 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.

Water bottles

As the weather gets warmer and sunnier, hopefully, all children should have a filled, named water bottle in school every day, a sun hat and please apply sunscreen before they come to school.

Tickets for Frozen will be on sale from Monday in the following order:

Tickets on sale to CAST ONLY from MONDAY 22nd APRIL.

Tickets on sale to CHOIR ONLY from MONDAY 29th APRIL.

Tickets on general sale from TUESDAY 7th MAY.

Last year, we sold out and so it is essential that you call in at the office as soon as tickets go on sale after the appropriate date. Thank you.

Alverton Primary School
production of

Disney
FROZEN JR.
©Disney

TICKETS ON
SALE FROM
MONDAY!

Wednesday 22nd May 2024 at 6.30pm
Thursday 23rd May 2024 at 6.30pm

Tickets

£4.50 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.

Music and Lyrics by
Kristen Anderson-Lopez and Robert Lopez

Book by
Jennifer Lee

Based on the Disney film written by Jennifer Lee and
directed by Chris Buck and Jennifer Lee

The original Broadway production of *Frozen* was directed by
Michael Grandage and produced by Disney Theatrical Productions

This amateur production is presented by
Music Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk



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 & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

@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: 17.04.2024

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.

We are recruiting at the Woodland Nursery!

We are looking for passionate, experienced, qualified (Level 2 or above) Nursery Practitioners to join our dynamic, friendly team at the Woodland Nursery, Alverton School, which is part of Truro and Penwith Academy Trust. This is a hugely rewarding role for the right person, offering great benefits while having the chance to make a real difference to children's lives.

The Nursery is open from 8am-6pm and days and hours will be discussed at interview. These roles will start as soon as possible, subject to relevant checks, and are offered as maternity cover. This will include working in school holidays.

This is an exciting opportunity to join our successful, hardworking and friendly team.

The successful applicants must:

- provide a high standard of physical, emotional, social and intellectual care for children in the setting.
- give support to staff within the setting.
- work as part of a team in order to provide an enabling environment in which all individual children can play, develop and learn.
- build and maintain strong partnership working with parents to enable children's needs to be met.

When writing your application please refer to this advert and to the essential and desirable criteria detailed in the job description.

For more information or an informal chat about the role, please contact Kayla Statham, Nursery Lead on 01736 351135.

Closing date: Wednesday 8th May

Interview date: Thursday 16th May

Alverton Primary School is committed to safeguarding children and young people and the successful candidate will be required to undertake an enhanced DBS disclosure.

Please see our website <http://www.alverton.org.uk> for details about our nursery, school, including our prospectus. Our Child Protection and Safer Recruitment Policies are included in the School Policies section.

We are committed to safeguarding children and the successful applicant will be required to undertake an enhanced Disclosure and Barring Service (DBS) check, and will be assessed against the Childcare Disqualification Regulations.

For further information, application form and how to apply please see the Vacancies page on the school website.

Does anybody fancy coming in and sharing anything? I really don't mind what you say but I had a really good moan with somebody recently, nothing too major, just rumbles and grumbles about this and that and I felt lighter. Sometimes that's all we need to lighten the load we all carry and perhaps it would help you to feel better? That and the fact that the incessant rain seems to have stopped and, wait for it....drum roll...the sun has actually been shining! I know, I'm shocked too. To be honest it took me a while to identify the ball of warmth radiating from the sky but it's a delight to see and I'm going to make the most of it. Whatever your plans or circumstances, do try and get outside this weekend if the rain stays away; I know I will. Have a super and sunny weekend - Mrs Daylak xxxx



STARS OF THE WEEK

    	<p>Kittiwakes Curlews Puffins Owls Kingfishers Trencrom Lanyon Kerris Bodrifty Bosigran Kenidjack Lunchtime Star</p>	<p>Ruby Rowan Callum Olly Marley Matilda Lowan Eden Eva Juni Henry Astrid</p>	<p>for fantastic effort all week & excellent attitude towards all learning for persevering with her Maths & doing it all with a smile for a brilliant effort in your learning this week - well done for such enthusiasm for his learning & always trying his best for doing her absolute best in all her learning for her positive approach to her learning this wee for his excellent attitude toward his learning for working hard this week & sharing his enjoyment in reading for fantastic writing in English for being consistently brilliant & a very kind friend for brilliant progress in Maths this year for trying new foods & enjoying playtime with her friends</p>
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DIARY DATES

Monday 22nd April	All other clubs start
Monday 6th May	Spring Bank Holiday - school closed
Saturday 11th May 11am	FOAS Duck Race at Wherrytown Boating Pool
Wednesday 22nd & Thursday 23rd May 6.30pm	School show - Frozen
Friday 24th May	School closes for May half term
Monday 27th-Friday 31st May	Half term holiday
Monday 3rd June	INSET Day - school closed

Early Help Coffee and Chat 26th April 2024:

Meet the Children's Disability Team

Join us at St John's Hall to meet with representatives from the Children's Disability Team and find out more about the services available in our area.

Meet with other parents and carers.

Early Help workers will also be available to offer advice.
Friday 26th April 9:30-11:30
Refreshments provided.

Book your place now:

Email: Penwith.FamilyHub@cornwall.gov.uk

Call: 01872 326410



Together for Families

Early Help Parenting Newsletter – Summer 2024

Free information, support and guidance for parents and carers.

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

www.cornwall.gov.uk/parenting

The programmes currently available are:

Solihull: Understanding your Child – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

Parents Plus Adolescent Programme – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

Living with Parents – a one day workshop for parents and their young person aged 12 to 17 years.

Supporting Healthy Relationships – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

Understanding your Child with Additional Needs – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a computer, please [click here](#)
- If accessing from a mobile/tablet, please [click here](#)

“Brilliant course! Helped myself and my children a lot. Would definitely recommend this to other parents.”

– Parent on Solihull
Understanding your Child
(March 2024)

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (18:00-20:00) delivered by our parenting team to support on a wide range of topics. Please book on by visiting www.cornwall.gov.uk/parenting

Date	Bitesize Child (for parents/carers of children aged 4-11)
07.05.24	Bullying
21.05.24	Remaining calm
11.06.24	Praise and rewards
25.06.24	Special time with your child
09.07.24	Routines and boundaries
23.07.24	Technology and safety
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
14.05.24	Teenage brain
04.06.24	Technology and safety
18.06.24	Sibling rivalry and conflict
02.07.24	Remaining calm
16.07.24	Mental wellbeing

Help us shape our service!

We invite you to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit

www.letstalk.cornwall.gov.uk/parentingsurvey to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on 'Stay Informed – Subscribe' button on this page.

Positive Parenting Top Tip!

Self-care

You cannot pour from an empty jug!

As you give love, affection, care and boundaries to your children to help them learn and regulate their emotions, you are pouring from your 'jug', so a key thread that runs through all of our programmes, is the importance of self-care.

Remember to top yourself up and do something for yourself several times a week. As long as your children are safe, it's ok to 'press the pause button' and have a cup of tea, talk to a friend, take time for a hobby or do some positive self-talk.

When things get challenging, take deep breaths and remember it's better to respond than to react. And remember your child need you at your best so look after yourself.

Service Spotlight

Video Interaction Guidance (VIG)

VIG aims to: strengthen the bond between parents/carers and their children, develop attunement and sensitivity, and help parents/carers to become more reflective.

How does it work? The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy and then looks carefully at the video to select 3 short clips when the interaction was going well. The VIG practitioner takes this clip to show the parent/carer and this cycle is repeated between 3 and 7 times.

How might it help? It highlights and builds on the strengths people already have. Seeing yourself communicating well is very empowering and motivating and an understanding of communication can then be taken and applied to any interaction.

How to request VIG: Speak to your health visitor or allocated worker about a request for VIG through the Early Help Hub www.cornwall.gov.uk/earlyhelphub

New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

Wiseal - Understanding your child ages 1 to 5

This is for information only. Not for booking.

View

Understanding your child ages 1 - 5 Budein Family Hub

This is for information only. Not for booking.

View

Understanding your child ages 1 - 5 Truro Family Hub

This is for information only. Not for booking.

Understanding your child ages 1 - 5 The Open Family Hub

This is for information only. Not for booking.

Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit www.cornwall.gov.uk/parenting

Contact us

Email: parenting@cornwall.gov.uk

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: 0300 1234 100



Together 
for Families



www.cornwall.gov.uk