

24/11/23

FRIDAY NEWS

Nº 11

We are halfway through the term and very much enjoying the promise of tinsel and glitter as the 'Christmas Season' begins! Next Friday we have our Advent Celebration where we turn on the Christmas Tree Lights and sing a few songs. I do hope you'll be able to join us.

I'd also like to open the invite for you stay after the Advent Celebration and meet me. I'll be there to very much welcome you, answer any questions and share a mince pie and a cup of tea with you all. Really looking forward to seeing you there!

Simon Brown
Headteacher



FOAS Quiz Night

Thank you to the parents who came and supported the FOAS Quiz night last week and an even bigger thank you to the FOAS team for organising such an enjoyable evening. There will be another one next term - details to follow.

Just a little reminder about our fabulous Book Swap boxes just inside the door in the school (just look for the sign!) A great way to refresh your home reading selection and good for our planet too!



Christmas lunch - Friday 15th December

Letters about arrangements for Christmas lunch have home. If your child would like a school lunch on 15th December you must return a slip to us, (with the money if your child's meals are not free) by **Friday 1st December**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

Nursery Christmas lunch will be held on Wednesday 13th December.



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

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.

Christmas tree decoration

Our Christmas tree arrives soon and will look very bare! Please could your child make a lovely decoration over the weekend and bring it in to the office so that it can be put onto the tree. Thank you.



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.

Miss Mason’s Magical Moments:

Hello everyone, I hope we are all well and enjoying the the patterns of nature...the darker winter evenings are a time of transition and rest. I myself have been enjoying having the fire on in the evening and playing board games with the family. But it has also been so refreshing to step out in the morning to see the colours in the sky and feel the crisp air exhilarate my body.

Through out the school the last few weeks we have all been building ideal frog habitats in our woodland. I have been amazed by the children’s creativity, ingenuity and thoughtfulness in these projects. Children were given the option to work in pairs or groups and showed agreeableness and adaptability to solve problems. It has been a fun project, but I cannot wait to see what the children come up with in the next one.

If your child is in the following: Puffins, Lanyon, Bosigran and Bodrifty please make sure they have their coats and wellies, and if possible some warm joggers as we are in the woodland space.



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

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 & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of Techtabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National
Online
Safety®

#WakeUpWednesday

@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: 25.10.2023

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 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	Lilly	for her developed talking during play
Little Owls	Dougie	for always smiling & joining in with all his learning & play opportunities
Kittiwakes	Sonny	for fantastic effort & progress in his reading
Curlews	Beeda	for being an all round superstar
Puffins	Bella	for being such a wonderful role model in school & trying your best all the time
Owls	Rufus	for his super enthusiasm in our Christmas show practice
Kingfishers	Wilbur	for super progress in Reflex Maths
Trencrom	Roisin	for working hard all week & supporting her classmates
Lanyon	Samara	for her excellent focus & determination all week
Kerris	Sid	for putting 100% effort into everything he does
Bodrifty	The Whole Class	for having the best day planting & digging in Newlyn
Bosigran	Jasmine	for her mature & diligent attitude towards learning
Kenidjack	Mason	for amazing progress & hard work in Maths & a great attitude in all he does
Lunchtime Star	Bethany	for her lovely smile & polite manners

CORNWALL YOUTH CHOIR PRESENTS...

SATURDAY 2ND

DECEMBER, 2023, 7PM START

A CONCERT WITH CORNWALL YOUTH CHOIR

WINTER IN MARAZION

TICKETS AVAILABLE ON OUR WEBSITE, TICKETSOURCE AND ON THE DOOR
£7.50- ADULTS
£4.50 U18'S/ STUDENTS

ALL SAINTS CHURCH, MARAZION
WWW.CORNWALLYOUTHCHOIRS.CO.UK

SCAN HERE FOR TICKETS

Hub @CornwallYouthChoirs @focyc_ CORNWALL YOUTH CHOIRS

Clubs

All clubs finish next week (last ones on Friday 1st December). After school childcare continues until the end of term. This must be booked in advance through the office. A new clubs list will come home when term starts in January.

LOST

Tegen in Kingfishers has lost her England football shirt. It is white with Kane on the back and is named. Please check at home and hand in if found.

DIARY DATES

<p>Friday 1st December</p> <p>9.30am</p>	<p>Advent Service</p> <p><i>Followed by coffee and mince pies</i></p>
<p>Friday 1st December</p>	<p>All clubs finish</p>
<p>Wednesday 6th December</p> <p>9.30am and 4pm</p>	<p>Reception Christmas performance - school hall</p>
<p>Friday 8th December</p> <p>2pm</p>	<p>Nursery Nativity - main school hall</p>
<p>Monday 11th December - PLEASE NOTE NEW DATE</p> <p>6.30pm</p>	<p>KS2 Carol Service at Chapel Street Methodist Chapel</p>
<p>Wednesday 13th December</p>	<p>Nursery pupils Christmas lunch</p>
<p>Thursday 14th December</p> <p>9am at the Savoy Cinema</p>	<p>Year 5/6 cinema trip</p> <p><i>Letters have come home. Please return the permission slip & pay online asap</i></p>
<p>Thursday 14th December</p> <p>2pm and 6pm</p>	<p>KS1 Christmas performance - school hall</p> <p><i>Details to follow for KS1 parents</i></p> <p><i>Please can children attend both performances</i></p>
<p>Friday 15th December</p>	<p>Pupils Christmas lunch (main school)</p>
<p>Monday 18th December</p> <p>9am at the Savoy Cinema</p>	<p>Year 3/4 cinema trip</p> <p><i>Letters have come home. Please return the permission slip & pay online asap</i></p>
<p>Tuesday 19th December</p> <p>3.15pm</p>	<p>Last day of term for main school and Woodland Nursery</p>
<p>Thursday 4th January</p> <p>8.25am</p>	<p>First day of Spring term for main school and Woodland Nursery</p>
<p>Monday 15th January</p>	<p>Clubs start</p>