

Dear Parents,

The summer holidays now seem a long time ago, term is well underway and the children have all settled fantastically into their new classes. Thank you for making sure that your children came back for the new year with very positive attitudes and looking so smart in their school uniforms.

174 children have signed up for after school clubs which is our highest ever and we have 18 clubs which are starting next week. Most primary schools offer a far more limited range of after school activities and the children at Alverton are so lucky to have all these opportunities available to them. A massive thank you goes to all the staff who lead these clubs in their own time. Some clubs are not limited by numbers or may still have spaces so, if your child hasn't signed up and would like to take part, please ask at the office to see if they can join.

Reading remains the most important thing that you can do with your child to help them with their education. As well as reading regularly to parents and carers to practice decoding, reading includes discussion about a book and its pictures, not necessarily always just reading the words. We encourage reading with your child on a daily basis from Reception all the way through to Year 6, both sharing stories and listening to the children read. Even if your child is a fluent reader, they will always benefit from talking with you about their book and thinking about what they are reading. We are always trying to build our pupils' vocabulary – do they know the meaning of every word they've read each day? Thank you to everyone who reads regularly with their child – it really does make the most enormous difference.

Sometimes, the start of the school year can be an anxious time for children or parents; If you have any concerns or questions at all, please make an appointment to see your child's class teacher who will be able to help.

Best wishes,

Simon Brown  
Headteacher



## Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

[sbrown@alverton.tpacademytrust.org](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Clubs

All clubs start from Monday 18th September (not next week) **except for Year 3/4 Art which starts on Tuesday 26th September and Drama Club which will begin on Wednesday 27th September.** Many clubs will have waiting lists so if your child has a place and does not attend regularly, their place may be given to someone else. Any clubs which require payment should be paid for before the first session.

## 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.

## Keeping children safe before and after school

Please do not drop your child off and leave them alone before the doors open in the morning. If you need child care before 8.25am or 8.30am, please bring them to Breakfast Club for which there is a charge.

Please can all parents and carers collect their children promptly at the end of the school day and then leave the site. This is for health and safety reasons and for safeguarding the children left in after school clubs. We are not responsible for anything that happens before or after school on the site when children should be supervised by an appropriate adult.



Do you love reading? If so, why not apply for your **Blue Peter** book badge designed by the world-famous author and illustrator Sir Quentin Blake?! You can find out all the information you need here: <https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge>  
P.S. Mrs Clive would love you to let her know when your badge arrives! :)

### PPA days

Just a reminder that children should wear their PE kits to school (not uniform) on PPA days when they will be doing PE.

KS1 (Year 1/2) Tuesdays

LKS2 (Year 3/4) Wednesdays

UKS2 (Year 5/6) Thursdays

Reception Fridays

Children from Year 1-6 should also keep their PE kit in school at all other times so that they can change into it. All PE kits should be brought in on a Monday and taken home on a Friday.

### School lunches this term

The menu remains the same as last term and can be found on the school website under Parent Pages, What's On this term. Copies are also available from the office. **Sandwiches are now not available.** If your child is Year 3 and above the cost for a meal is now £2.65 per day unless they are eligible for free school meals (please see page 6 for how to apply). Payment is by cash or cheque payable to Chartwells. Please ensure that no more than one week's debt is accrued. You can hand in this into the school office or put in a named envelope for your child to give to their teacher.

## Miss Mason's Magical Moments

Happy Friday everybody! I hope you have had an amazing first proper week back at school. It has been wonderful seeing some of you in outdoor learning, and I cannot wait to see more of you next week. In between that I have enjoyed noticing the change of Summer to Autumn at school: sweet chestnut seeds are dropping to the floor, the squirrels are squirrelling away and of course the leaves are a symphony of colour... just gorgeous. While nature has been busy outside, it seems I have been busy inside school. This week we have signed up to Eco-Schools; a fantastic charity that supports and encourages schools to become more eco-friendly and help fight climate change. Over the year, we will be working hard to make our school more environmentally friendly and of course I will be updating you every step of the way. In the meantime, enjoy the September weather this weekend. Miss Mason Xx



So, just how has this week been for you all? The first full week back at school after the summer holidays. Some of you will be happy for your children, especially if they're settling well, others may breathe a sigh of relief and enjoy some quiet moments, others may well really be missing your children, while there will

be some of you who are worrying about any number of things. And that's where I may be able to help. A listening ear, a cuppa, a biscuit to dunk (it's got to be done) all private and confidential unless we agree that you want it to go further. I will listen to you all, no matter how large or small your worry. Remember, "a problem shared is a problem halved". Until then, have a super weekend, Mrs Daylak xxxx



The deadline for applications is **15 January 2024**

## Do you have a child born **between 1 September 2019 and 31 August 2020?**

If so, you will need to apply for a place in a reception class in September 2024 for that child by the deadline of **15 January 2024**.



**Please note:** you will need to apply even if your child attends a school's nursery or pre-school class. If a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Visit [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions) for more information and to access the online application system

[www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)



Photos © iStockphoto.com, Adobe Stock 52882, 472

The deadline for applications is **31 October 2023**

## Transfer to secondary school

### September 2024

Applying for a place in year seven at a secondary school



#### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: **School Admissions Team, County Hall, Truro, TR1 3AY**

Telephone: 0300 1234 101

[www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)





## 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

# Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

## PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

## ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

## AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

## DISCUSS AGE RATINGS

**18**  
CENSORED

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary; emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

## FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

## ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft; choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

## TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

## BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

## Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC games, Kotaku, Pocket Gamer and Voz247, he has reviewed more than 50 games and products over the past year.

Source: <https://hipal.app/about/privacy.html>

**NOS** 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: 13.09.2023

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](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](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	Freddie	for his enthusiasm & happy character
	Little Owls	Pasko	for his fantastic interest & effort
	Puffins	Nico	for fantastic science learning & sharing his great ideas
	Owls	Amy	for being a mature & sensible member of class
	Kingfishers	Isabelle	for super work in Maths & English this week
	Trencrom	Leo	for working so hard all week & producing some amazing work in Maths
	Lanyon	Casper	for being an absolute pleasure to have in class
	Kerris	Ella	for working so hard in Maths this week & being such a lovely member of class
	Bodrifty	Blake	for always working incredibly hard at all he does
	Bosigran	Mani	for his incredible effort & wonderful ideas writing poems in English
	Kenidjack	Niko	for amazing science knowledge
	Lunchtime Star	Tanner	for always being very polite & well mannered

### DIARY DATES

<b>Monday 18th September</b>	All clubs start (except Drama & Y3/4 Art)
<b>Tuesday 19th September</b>	Swimming starts for Kerris (Group 1)
<b>Wednesday 20th September</b>	Swimming starts for all of Kingfishers class
<b>Friday 13th October</b> 9.30am	Harvest Festival <i>Followed by coffee and cake in aid of the Foodbank</i>
<b>Monday 16th-Wednesday 18th October</b> 3.30-6pm	Parent consultations <i>No teacher led or hall based clubs</i>
<b>Monday 23rd-Friday 27th October</b>	Autumn half term holiday
<b>Monday 30th and Tuesday 31st October</b>	INSET Days - school closed