



29/11/24

FRIDAY NEWS

Nº 12

Dear Parents and Carers

This week the school has been filled with the sound of singing! Rehearsals are in full swing for the various Christmas performances, with the first one being our Advent service on Monday. We are very much looking forward to welcoming you to the service, which will be at 9.30 in the school hall.

In rehearsals, I had a chat with the children about uniform and the importance of looking smart for such a special occasion, and we had a general reminder about correct uniform. When the policy is due to be reviewed I will be looking at our uniform and its suitability for the setting, but until then we would like the children to wear the uniform as stated in the policy. We have also spoken to them about how muddy they have been getting and reminded them that they need to wear their wellies if they want to go in muddy areas at break times.

On Monday I had the pleasure of accompanying Puffins' class out on their geography walk. They were so well behaved and I was very impressed with their knowledge of physical and human features! I then got to share a forest school session with them later on in the week where we had hot chocolates and marshmallows and admired their amazing dens! On Thursday I was invited along with parents to an exhibition in Year 4 on the impact of climate change to St Michael's Mount. The adults were all very impressed with how articulately the children explained their ideas and we have some very creative solutions. Trecrom visited Penlee House today to take part in some Stone Age workshops. They had a fantastic time and shared their vast knowledge on the topic. I am sure Lanyon and Kerris will be just as impressive over the next few weeks.

Next week, I am going to be reminding the children about snack. We have noticed children taking chocolate bars and crisps out at break. It's absolutely fine for them to have this as part of their lunch, but at breaktime they need a healthy snack to help keep them focussed on their learning. As with the uniform policy, this will be reviewed this year and we will ask for your feedback and make any necessary adjustments.

Have a great weekend and I am looking forward to seeing you on Monday morning.

Nichola Smith
Headteacher

Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at 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

Clubs

All clubs have now finished for this term with the exception of:

Year 3/4 Computing (last one on 4th December)

Year 5/6 Art (last one on 4th December)

Year 5/6 Pirates Rugby (last one on 16th December).

New clubs lists for next term will go home on in January.

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.

If your child is looking for inspiration for books or authors, or you’re looking for something new for family reading time, then head to booksfortopics.com who have a huge range of fantastic book recommendations and reading lists! We always have their recommended book lists for each year group available for you to pick up in our foyer and, while you’re there, why not check out the Book Swap too!



Christmas lunch and wear something Christmassy

Friday 13th December

If your child would like Christmas lunch on 13th December you must book it in advance via Aspens



Select before the date. The choices are Roast Turkey or a vegetarian option. **There will be no jacket potatoes or tomato pasta option on that day.**

If you do not book you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

If they would like to, your child may wear something Christmassy with their school uniform (hat/decoration/Christmas jumper etc)

Menu change

Wednesday 11th December

Due to the Christmas lunch on Friday, Wednesday's lunch will be fish fingers & chips or veggie fingers and chips and not roast chicken. Aspens will be changing this online soon.

Christmas tree

A huge thank you to Mole Valley Farmers for their kind donation of our beautiful Christmas and thank you to all the children who made a decoration for it.





We're using Arbor's free Parent Portal and Parent App



We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

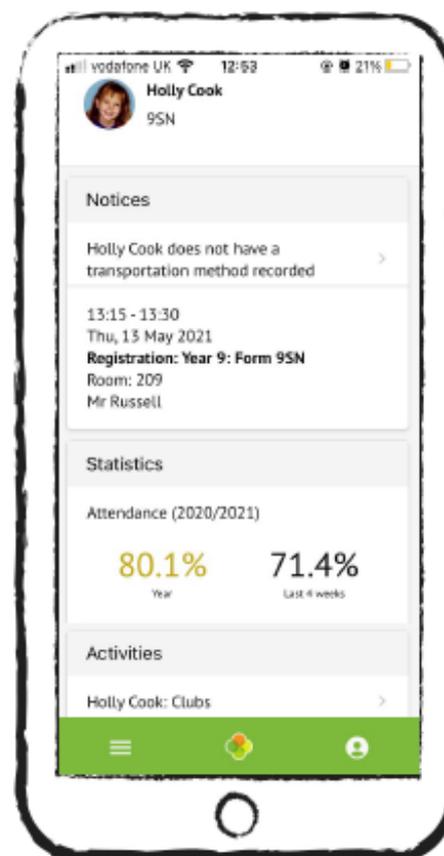
Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.



Important information

Change to communications and online payment system

From January we have been advised by TPAT that we must change the way we communicate with parents and how you pay for all items such as swimming, trips, ties, breakfast club and after school club. **We will no longer be using Eduspot (Schoolmoney) after the end of December.** School lunches will continue to be booked and paid for via the Aspens Select site.



The new system we will be using is Arbor. Next week we will be emailing all primary guardians a welcome email and link from Arbor. Please log in and familiarise yourself with this system. Please also download the Arbor App. We will be continuing to use emails in the same way for letters and newsletters but we will be also using in app messages as well. These will replace texts which will only be used for urgent messages.

All outstanding debts in the Schoolmoney system must be paid by the end of term **apart from any remaining payments for Year 5 camp and Year 6 London.** The balance of these will be moved to the new system before the Spring term starts. All other payments should be paid in full including breakfast club, after school club, swimming and any trips.

NHS Cornwall Mental Health - parent/carer workshops

Please see the information on the next page about these online workshops starting in January 2025. These are one-off, one hour long, online workshops with our Mental Health Practitioners. These are open to everybody; people do not need to have a mental health need to join.

A Teams link will be emailed to parent/carers from MHST for each workshop prior to the workshop taking place. Here are the links:

Behaviour Workshop - <https://forms.office.com/e/1PwGDXSQ40>

Sleep Workshop - <https://forms.office.com/e/7ac7qHLPhc>

Worry Workshop - <https://forms.office.com/e/YR5MeEwtEF>

Resilience Workshop - <https://forms.office.com/e/TE2UmBZrHK>

NHS Cornwall Partnership NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers - please join us at our 1hr online Resilience Workshop

Monday 20th January - 9.30am & 4pm
 Tuesday 21st January - 11am & 2pm
 Wednesday 22nd January - 11.30am & 4pm
 Thursday 23rd January - 9.30am & 1.30pm

This workshop aims to talk about the meaning of resilience, explore building resilience and look at how and when a young person should ask for help.

To book a place please complete the online form [HERE](https://forms.office.com/e/TE2UmBZrHK) <https://forms.office.com/e/TE2UmBZrHK> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

NHS Cornwall Partnership NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers - please join us at our 1hr online Worry Workshop

Monday 13th January - 9:30am & 2pm
 Tuesday 14th January - 11am & 4pm
 Wednesday 15th January - 09:30am & 1:30pm
 Thursday 16th January - 11am & 4pm

This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.

To book a place please complete the online form [HERE](https://forms.office.com/e/YR5MeEwtEF) <https://forms.office.com/e/YR5MeEwtEF> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

NHS Cornwall Partnership NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers - please join us at our 1hr online Behaviour Workshop

Monday 27th January - 9.30am & 2pm
 Tuesday 28th January - 11.30 am & 4pm
 Wednesday 29th January - 9.30am & 1.30pm
 Thursday 30th January - 11.00am & 4pm

This workshop provides parents with practical strategies to foster positive behaviour and communication at home.

To book a place please complete the online form [HERE](https://forms.office.com/e/1PwGDXSQ40) <https://forms.office.com/e/1PwGDXSQ40> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

NHS Cornwall Partnership NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

Parents and Carers - please join us at our 1hr online Sleep Workshop

Monday 3rd February - 11am & 4pm
 Tuesday 4th February - 9.30am & 2pm
 Wednesday 5th February - 9.30am & 1.30pm
 Thursday 6th February - 11am & 1.30pm

This workshop aims to provide psychoeducation on sleep hygiene and sleep routines. Also includes practical strategies for helping children

To book a place please complete the online form [HERE](https://forms.office.com/e/7ac7qHLPhc) <https://forms.office.com/e/7ac7qHLPhc> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall



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

SNAP STREAK

97

DAYS

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

@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: 27.11.2024

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.

STARS OF THE WEEK

	Little Foxes	Lula	for being such a kind & gentle friend
	Little Owls	Efa	for settling in so well & for great singing
	Kittiwakes	Maya	Perseverance: for persevering & being brave joining in with nativity
	Curlews	Ragnar	Enthusiasm: a superb attitude to work & amazing progress with writing
	Puffins	Ruben	Responsibility: for being safe & polite during our forest school
	Owls	Nico	Perseverance: for perseverance in reading & making really good progress
	Kingfishers	Amiya	Perseverance: for trying really hard & making super progress
	Trencrom	Kerris	Perseverance: for always trying hard & doing her best
	Lanyon	Kayden	Kindness: for always being so helpful in class
	Kerris	Ruby	Enthusiasm: for her creativity & enthusiasm for our project
	Bodrifty	Primrose	Responsibility: for always working hard in all she does
	Bosigran	Alby	Kindness: for being a really great friend & looking out for others
	Kenidjack	Brae	Kindness: for showing great sportsmanship & inclusivity on the football pitch
	Lunchtime Star	Isaac	For his lovely smile & impeccable manners

The week has been getting colder as we move towards winter, a fact that some of you may like, others less so. Winter inevitably brings rain, damp clothes, colder weather, heating (equals bigger bills), snow, ice, hail and sometimes a lack of desire to head outdoors. We find at school that there are some children who are always keen and happy to be outside, no matter what the weather, while others would gladly hibernate if they could. You may thrive on being outdoors or prefer to stay warm, dry and cosy. You may even be like me and adore both. However it is harder if you and your child aren't compatible, when the adult likes to be out but the child has no intention of going out without a battle, or an adult who wants to stay in and a child who needs daily exercise. Tricky to manage in either case. Does the thought of winter make you shiver or happily dig out your winter woollens? Does it bring battles? Does it make you want to weep at the thought of it or very happy because you love splashing about in cold and/or soggy clothing? Either way, it can be hard, so come and chat if that or anything else is bothering you in the slightest. Always here, always happy to listen. Until then, I'll be heading outside, knee deep in whatever the weather can throw my way. Much love Mrs D



XXXX

DIARY DATES

Friday 29th November	All clubs finish (except Computing & Year 5/6 Art and Year 5/6 Rugby)
Monday 2nd December 9.30am	Advent Service <i>Followed by coffee and mince pies</i>
Tuesday 3rd December	Last swimming for Kerris (Group 2)
Tuesday 10th December 9.30am and 2pm	Reception Christmas performance - school hall <i>Details to follow</i>
Thursday 12th December 2pm and 6pm	Key Stage 1 Christmas performance - school hall <i>Details to follow</i> <i>Please can children attend both performances</i>
Friday 13th December	Pupils Christmas lunch (main school) & wear something Christmassy with your uniform <i>Please book online via Aspens Select</i>
Wednesday 18th December	Nursery Christmas lunch
Thursday 19th December 6.30pm	Key Stage 2 Carol Concert at Chapel Street Methodist Chapel
Friday 20th December 3.15pm	Last day of term for main school and Woodland Nursery
Monday 23rd December - Friday 3rd January	Christmas holidays
Monday 6th January 8.30am	First day of Spring term for main school and Woodland Nursery
Monday 13th January	Clubs start
Monday 17th - Friday 21st February	Spring half term holiday



ALVERTON COMMUNITY
**CHRISTMAS
EVENING**

Friday 13th December

The Pirate Inn

6pm



Local Choir
Performance



Festive Music



Special Guest...

Father Christmas

(Booking Essential)

Free gift for Alverton residents aged 10 years and
under funded by the residents committee.
(Non-resident children accommodated for a £2 fee)

Forms available at Alverton School, The Pirate Inn and Alverton Shop

ACTION 4 ALVERTON