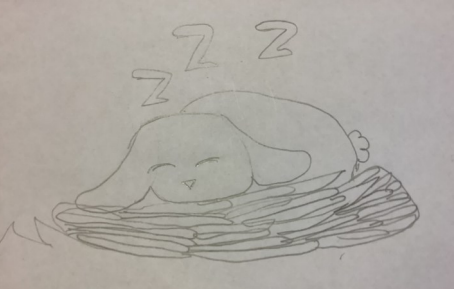


Daisy's Diary

The rabbit is, as ever, living the life of Riley. This week she has been drawn by the Year Sixes, fed all the left over veg from the Kingfishers garden and cuddled by Mr Dawe.



Kingfishers have had a good sort out of their garden. Everything but a big fennel and artichoke have been taken out ready for when the poo arrives



(every year we get a delivery when the Young Farmers do their annual Dung Run). Also they pulled up all the huge mustard plants that have grown along the edge of the slope onto the ball playground. I planted clover but those huge plants popped up instead, and a few are fine but they aren't beautiful and more varied flowers can mean a better buffet for the bees. Everyone worked like troopers - one boy even refused to have playtime and was like a weeding machine! We had limited gardening gloves so children with gloves held the plants with two or three helpers holding on behind, and all toppling like dominoes when the roots came out...

The Year Sixes topped up the area with compost and planted all sorts of seeds and seemed to get an equal amount of compost on themselves and on the ground.



Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

head@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

After school childcare

If your child needs after school child care **we have limited spaces so it must be booked in advance with the office**

by emailing

alverton@tpacademytrust.org or calling 01736 364087 before 3pm on the day of the booking required.

The cost is £6 for one hour or £12 for two and care finishes at 5.15pm. If you are late to collect your child after 4.15pm you will be charged an additional £6. **If you are late after 5.15pm we will charge a late collection fee of £25 as we need to cover an additional hour for two members of staff.**

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.

Clubs - advance notice of cancellations next week

All school led clubs except DT Coaching Alternative Ball Sports, French, Cricket, Rugby, Cross Country and Jump Dance will be cancelled next week due to parent consultations.

Parents Evenings - Year 1-6

Booking for parents evening has now closed. Teachers will be contacting you next week.

If you didn't book your own appointment via the school website, an appointment time will have been made for you and has been sent to you via text. Please be ready at the allotted time for your **10 minute phone call (not a face-to-face meeting in school)**.

If you are going to be unavailable to speak to your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.

Parents Evenings - Reception

Please book your parents evening appointment online for either 20th, 21st or 22nd March with your child's teacher before the booking window closes on 15th March. **This will be a face-to-face meeting in school.**

You do not need to book an appointment if you have a termly review meeting during the school day on the phone or in person with Mrs Hughes and your child's class teacher.

Year 6 camp payment

Final payments for the Year 6 London trip need to be made online **by 31st March** at the latest please. We also need £10 in cash for our food on the journey home which should be handed into the office. Thank you.

PE kit

Please ensure that your child's PE kit is brought into school on a Monday and left here all week other than the evening before their PPA day when they wear it to school all day. Please can it be brought back in the next day so that it is here every day as your child will need it several times during the week.





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 & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18 CENSORED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

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 tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@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: 08.03.2023

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 O'Rourke 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

	Kittiwakes	Harri	for amazing phonics & being so creative
	Curlaws	Elijah	you are always perfect, always try your best, always listen & work hard
	Puffins	River	for always giving everything 100% & always with a smile
	Owls	Nina	for always trying her best in everything she does & her excellent progress in reading
	Kingfishers	Korben	for super progress in reading & trying so hard to improve his writing
	Trencrom	Jack T	for working incredibly hard on his handwriting & always using his manners
	Lanyon	Ruby	for working hard in English & always smiling
	Kerris	Jacob	for being super sensible & always working hard
	Bodriftly	Seren	for a fantastic attitude in all lessons & making progress in Maths
	Bosigran	Sienna	for such an amazing effort with her arithmetic paper
	Kenidjack	Izzy	for working so hard both at home & at school to master her learning
	Lunchtime Star	Mason	for always being so kind & thoughtful & well mannered

Hello to all you really rather lovely folk out there, I just wanted to say hi, to tell you how much I love being a part of this school and the greater community. I have recently learned just how amazing that community is and how supportive family, friends, neighbours, the wider community and total strangers can be. And how amazing it is to be a part of this pocket of Cornwall, how fabulous it feels to be living here in this beautiful place. And more than ever I feel valued by so many people. And I want you to feel the same. I want you to feel how important you all are and how much we value you. And my role is to make sure you know that. And that if you need me or want me I am here for you. No matter what or when, I will make time to listen to you. Always. My very best and fondest wishes, Mrs Daylak xxx

DIARY DATES

Monday 13th-Thursday 16th March	Parents evening (by phone call)
Wednesday 29th March	FOAS Easter Disco <i>Information to follow</i>
Friday 31st March 3.15pm	Last day of term
Monday 17th April 8.45am	First day of summer term



TIME MOVE

Holiday Programme

Ages
5-16

Easter 2023

Yoga, circus skills, rock pooling, multi-sports, forest schools and SO much more!

Every session includes a healthy meal for all children.

Activities are taking place across Cornwall during the Easter holidays

April 3rd - 14th

Visit our website to register now

- Activities available for children aged 5 - 16 •
- Funded places for ALL children eligible for benefits related free school meals •

For more information:

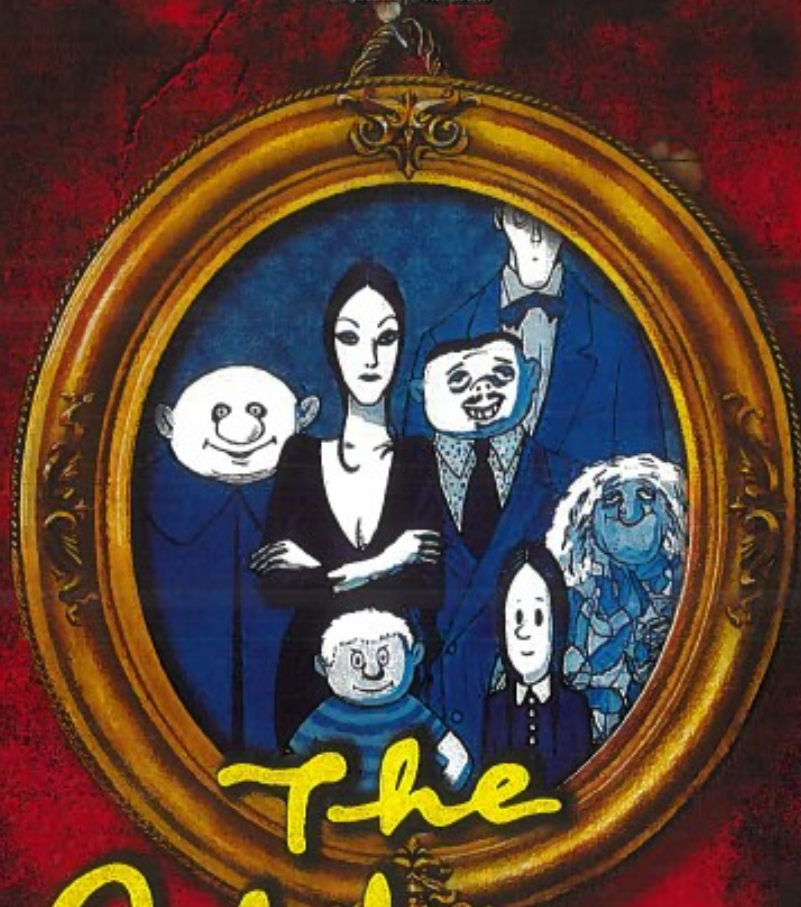
- 🖱️ <https://www.activecornwall.org/T2MHolidayProgramme>
- ✉️ Time2Move.HolidayProgramme@cornwall.gov.uk
- ☎️ 01872 323335

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STAGE STRUCK THEATRE COMPANY

Originally produced on Broadway by Stuart Oken, Rhy Furman, Michael Levitt, Fox Card Productions, Stephen Schick, Decca Theatre, Scott M. Belman, Stuart Binsky, Jerry Allen Kramer, Stephanie P. McClelland, James L. Nederlander, Eva Pizen, Jam Theatricals/Billy LaFolfe, Pittsburgh CLO/Gutterman-Swansky, Vivek Trivedy/Gary Kaplan, The Westport Company/Glennco, LLC, Adam Zolotor/Jane Theatricals
By Special Arrangement with
Elegant Eye Theatrical



The Addams Family

A NEW MUSICAL
COMEDY

Book by MARSHALL BRICKMAN and RICK ELICE
Music and Lyrics by ANDREW LIPPA
Based on Characters Created by Charles Addams

THE CENTRE, NEWLYN

Friday 17th March at 7.30pm

Saturday 18th March at 2.00pm and 7.30pm

Sunday 19th March at 6.30pm

Bookings at <https://the-centre-newlyn.square.site>
01736 365890 Group and family rates available