

Dear Parents/Carers

This week we looked at the idea of mutual respect in assembly. We looked at how penguins form their huddles. They take it in turns to bear the brunt of the cold wind, then move into the middle to get warm. We talked about how in school we work as a team even when it comes to the jobs people don't like to do - like tidying up! We noticed that when we 'show up' for our friends and team mates, it shows them that we care and encourages them to keep going.

On Thursday, I was lucky enough to go on the EYFS trip to the Eden Project. The children had such an incredible time, and were so well behaved. We went from exploring the freezing cold ice rink, where we played on sledges and balance bikes, to going into the rainforest biome and running across the rope bridges in the clouds! What a magical day. Thank you so much to all the parents who came along, and the staff for working so hard to arrange a day that ran like clockwork!

Have a great weekend.

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

Club cancellations

Year 1/2 Football club on **Tuesday 28th January** is CANCELLED.

Year 2 Art club on **Wednesday 29th January** is CANCELLED. Please collect your child at 3.15pm.

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.

Reception and Year 6 height and weight screening

Friday 7th February

All parents in Reception and Year 6 have had an email today about the school nursing team coming in to weigh and measure the children in those year groups. Please remember that this is **opt out** so if you do not wish for your child to be included on the day **you must opt out using the links below:**

Reception: <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-year-6/>

This must be done by Friday 31st January at the latest.

Payments

All payments for swimming, trips, residentials, breakfast club and after school childcare are now on Arbor. When you log in you will be able to see what you owe and pay this by card. Please check your account regularly.

School lunches will continue to be booked and paid for via the Aspens Select site.

Messages

Thank you for being so patient with us as we get used to our new communications system.

Sorry if we are sending lots of messages but if you don't yet have the Arbor App you won't be able to receive in-app messages so we are sending emails as well. **If you haven't yet downloaded the Arbor App please do so as soon as possible.**

Please contact the office if you have any questions.

Alverton School and Alverton Woodland
Nursery
School Holiday Provision

We have spaces for you to book your child into our school holiday provision during the February half term at Alverton Woodland Nursery

Monday 17th February – Friday 21st February

Prices
8am-4pm £35

Options to book additional hours between
4pm-6pm (Late tea at 4:30pm)

Options to book a hot lunch £2.75 and/or tea £1.75
Healthy snacks provided within the sessions

If you wish to book a place or want to find out more information, please contact either Kayla Statham or Mrs Simpson via the nursery office or on 01736 351135

Payments will need to be paid prior to the sessions, as part of the booking terms.



Alverton School pupils only
Age reception to year 6



Reminder

New days for wearing PE kit

Tuesdays - Kingfishers and Kerris

Wednesdays - Puffins, Owls and Bosigran

Thursdays - Lanyon and Trencrom

Fridays - Kittiwakes, Curlews, Bodrifty and Kenidjack



Miss Atkins

Hello, my name is Miss Atkins. I am really enjoying being Puffins Class Teacher. I have recently joined Alverton School and couldn't think of a better place to work!

I have recently taken on a new role of being an Autism Champion. My role will be to work with parents, staff and children to support children at our school who have autism. Part of my role will be running parent cafe/drop in sessions with Mrs Hughes, staff training, building on our autism awareness as a school and running interventions to best support your child(ren).

Please feel free to say 'hello' whenever you see me. I am looking forward to getting to know our children and families and working alongside Mrs Hughes.



PARENT CAFE

With the Autism Support Team

An opportunity for parents/carers to speak, be heard and meet whilst enjoying tea/coffee/biscuits.

- ✓ Learn more about autism
- ✓ Share your worries with others
- ✓ Access support networks



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FEBRUARY
2024

9am - 10am
Alverton School

**For more information, please contact
Miss Atkins**



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

TIKTOK

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is falling to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

@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: 15.01.2025

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



- | | | |
|---|--|--|
| <p>Little Foxes</p> <p>Little Owls</p> <p>Kittiwakes</p> <p>Curlews</p> <p>Puffins</p> <p>Owls</p> <p>Kingfishers</p> <p>Trencrom</p> <p>Lanyon</p> <p>Kerris</p> <p>Bodrifty</p> <p>Bosigran</p> <p>Kenidjack</p> <p>Lunchtime Star</p> <p>Breakfast Club Star</p> | <p>Isaac</p> <p>Alessia</p> <p>The Whole Class</p> <p>The Whole Class</p> <p>Mathew</p> <p>Isaac</p> <p>Karter</p> <p>Enys</p> <p>Isabelle</p> <p>Iris</p> <p>Harry</p> <p>Amelia</p> <p>Jai</p> <p>Nikolas</p> <p>Brae</p> <p>Alora</p> | <p>for his fantastic character & trying really hard at story time</p> <p>for her great contribution at carpet time</p> <p>Responsibility: for amazing behaviour throughout our trip to the Eden Project</p> <p>Responsibility: for amazing behaviour throughout our trip to the Eden Project</p> <p>Enthusiasm: for joining in with his friends</p> <p>Perseverance: for super progress in his reading</p> <p>Perseverance: for his perseverance in his Maths learning</p> <p>Perseverance: for working really hard in Maths & English this week</p> <p>Perseverance: for her excellent progress this year</p> <p>Perseverance: for her fantastic attitude to writing</p> <p>Enthusiasm: for fantastic enthusiasm for his English work</p> <p>Enthusiasm: for always participating fully in learning activities</p> <p>Enthusiasm: for fantastically imaginative writing this week</p> <p>for having very healthy packed lunch</p> <p>for being so polite & well mannered to the canteen staff</p> <p>for lovely manners & always having a cheerful face</p> |
|---|--|--|

Do you ever wonder if your child is different? I used to spend a good chunk of time worrying about this - do other children do the same things? Behave in the same way? Think the same thoughts? Do they have friends? Do other children even like them? Do they play all alone? Should I organise play dates? If so, how many? Who do I ask? When should I ask them? If they're clingy, will they always be like this? If they have accidents will they always? Should I worry? Should I not worry? Questions constantly come at us. And all of this worry!



It's totally daunting being parents and carers, and children are all different. They don't even come with a set of guidelines! They're harder to put together than a chest of drawers from IKEA (trust me here, I'm speaking from experience on both matters). If you're worried, come and chat. I can listen. Much love, Mrs D xxxxx



DIARY DATES

Monday 17th - Friday 21st February	Spring half term holiday
Wednesday 5th March	St Piran's parade - Year 6
Thursday 6th March	World Book Day

Rising STARS

SUPPORTED BY THE
MINACK
THEATRE



BOOK BY
DENNIS KELLY

MUSIC AND LYRICS BY
TIM MINCHIN

MATILDA
Jr

21-22 February 2025
St John's Hall, Penzance

BOOKING OPENS 2ND DECEMBER 2024

01736 810181
MINACK.COM

MATILDA JR IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI).
ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI. WWW.MTISHOWS.COM