

Dear Parents/Carers

This week has been another challenging one in terms of weather! We want to thank you for your patience with regards to the opening of the bottom gate. We haven't yet had the all clear, so will be keeping it closed until Wednesday 28.1.26 at the earliest.

Car park - This is becoming an increasing concern to me. We have had some very dangerous driving in and out of the car park in the mornings, and it is only a matter of time before someone gets seriously hurt. We are now asking that you do not use the car park to turn around. There are too many cars coming in and out and it is causing danger to pedestrians. Please only use it if you have spoken to us about it previously and it has been agreed. Hope Church are happy for you to park in their car park, and then it is a short, safe walk to school from there. You can also park down in Larrigan Crescent and walk up Creeping Lane while the bottom gate is shut. Moving forwards, we will be looking to keep the car parks closed in the mornings to help keep the children safe.

School's use of social media- I have always been a big fan of sharing the learning and experiences of the children with families and the community via social media. It's great to see what we get up to, especially as children aren't always forthcoming with facts! That being said, I am increasingly aware that by doing this I am creating a digital footprint of our children. In order to decide the best way forwards, I would be grateful if you could complete this short survey to share your views. The survey asks if you would prefer to keep faces off our SM platforms, or if you like to see them. It also asks whether you would prefer if our FB page was private, which is what I decided to do in my previous school. Once we have looked at the results, we will be able to make some informed decisions about next steps. The link to the survey is <https://www.surveymonkey.com/r/HCP3XJW> I look forward to hearing your thoughts.

Just a gentle reminder that Monday is our Trust Conference Day, so school is closed to children. We look forward to seeing them on Tuesday 27th.

Nichola Smith
Headteacher

Reminder

Main school and Nursery are CLOSED this coming Monday 26th January for an Trust Conference Day. See you on Tuesday 27th.

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

Book amnesty

We are missing lots of school library books. Please could you have a good look at home and return any Alverton library books to school as soon as possible. Thanks.



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.

Hockey success

Our hockey teams took part in a tournament yesterday at Penzance Hockey Club and we won all our matches! Congratulations to them all. Here they are in our fantastic brand new kit as paid for by FOAS. A huge thank you to them for buying these for us.





PARENT CAFE

With Lauren Ladd from
Parent Carers Cornwall



- *An opportunity for parents/carers to speak, be heard and meet whilst enjoying tea/coffee/biscuits.*
- *Q&A session at the end*

- ✓ Learn more about sleep, toileting and food.
- ✓ Share your worries with others
- ✓ Access support networks



Wednesday 11th

**FEBRUARY
2025**

9am – 10am
Alverton School

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



To help celebrate the National Year of Reading we've upgraded our Book Swap area to a Book Buddy shelf! You can still take and leave books but you will also be able to pick up book marks, reading recommendations and other great book related bits and pieces too. Don't forget that it's free to use and you don't even have to swap a book - you can just come along and take anything that you feel like reading. It's still in the reception area so please do have a look and feel free to let me know if you have any suggestions of anything else we could add.

Happy reading! Mrs C :)

WOODLANDS BIG GARDEN PROJECT - Tesco Blue Token Scheme

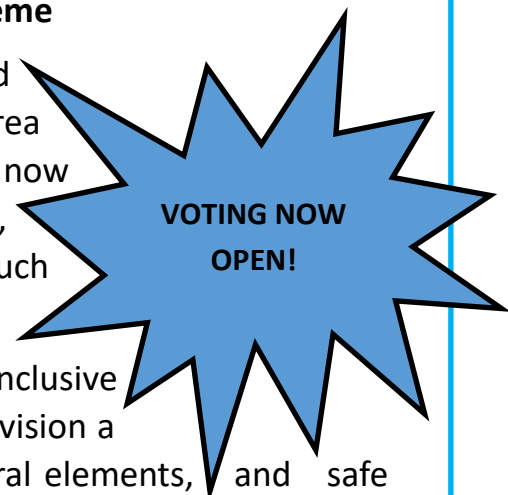
Our Nursery's outdoor garden is currently in a poor and unsafe condition. The space, once a vibrant and engaging area for play and exploration, has deteriorated over time and now poses several safety risks to the children. Uneven surfaces, worn-out equipment and overgrown brambles limit how much time the children can safely spend in the Big Garden.

We aim to transform the garden into a safe, stimulating, and inclusive environment that meets the needs of all our children. We envision a space with age-appropriate equipment, sensory areas, natural elements, and safe surface, designed to inspire creativity, encourage exploration, and support learning through play.

To help support this project we have applied for funding from the Tesco Stronger Starts programme and have been successful. Alverton Woodland Nursery is now in the Tesco Blue Coin Customer Vote in both Penzance Tesco stores from **NOW!** This runs until the end of March.

Please help support this project by shopping and voting for us in Tesco!

Thank you for your continued support.




Stronger Starts. 





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



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 Vryan 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



"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.wcwaaid.co.uk/helpline>

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@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: 21.02.2024

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.

STARS OF THE WEEK

Little Foxes	Loe	for eating all her lunch & being kind to her friends
Little Owls	Martha	for settling in so well & making new friends
Kittiwakes	Jay	Enthusiasm: for constant hard work & amazing attitude
Curlews	Seb	Enthusiasm: for a stunning attitude to phonics at all times
Puffins	Dottie	All Values: for always outstanding behaviour & attitude
Owls	Rowan	Enthusiasm: for exceptional enthusiasm for reading
Kingfishers	Milo	Kindness: for his kindness & honesty in class
Trencrom	Isaac	Perseverance: for being kind to all & persevering in all his learning
Lanyon	Xavi	Perseverance: for writing a beautiful shape poem about volcanoes
Kerris	Lincoln	Perseverance: for fantastic independent writing
	Ruby	Kindness: for being such a sweet kind, caring member of our class
Bodrift	Kea	Enthusiasm: for fantastic effort this week
Bosigran	Samara	Enthusiasm: for working very hard this week particularly in English
Kenidjack	Cassia	Enthusiasm: for her enthusiasm & hard work particularly in Maths
Lunchtime Star	Esther S	for lovely manners
Breakfast Club	Isabella W	for her growing confidence & independence

I'm very excited!!! Why? Because, as those of you who have read my column over the years will know, the days are beginning to get longer. When I cycle in to school I can see the daylight peeping at the top of Toltuff Road and Crescent. Cause for major celebrations in my family I assure you. And the usual spring signs are in abundance - daffodils (I love yellow so very much) snowdrops, crocuses and any other spring flower you could care to mention. The old oak tree outside my EYFS classroom (you will be delighted to know it was unscathed in the storm and I was delighted with that) has got the buds that herald the new leaf growth it's about to yield. So, all is pretty good in my world and I am one happy bunny. How are you? Are you struggling with the dark, the long nights and short days? The constant rain (my feet feel webbed at the moment) and the wind that doesn't really seem to

stop? If you are come and have a hot drink and a biscuit. Don't feel shy, I won't bite. I've had lovely chats recently with some of you, discussing all manner from children's behaviour to deaths in the family. And all are welcome, no topic is too small or too large. If you want to share and feel sharing may help, you are very welcome. Sometimes just knowing that I can be there is enough. So, get the daffodils in a vase and dig out the sunglasses....spring is on the way! Mrs D xx



DIARY DATES

Monday 26th January	INSET Day - school and Nursery closed
Friday 30th January	Reception Eden trip
Monday 16th - Friday 20th February	Spring half term holiday
Thursday 5th March	St Piran's Parade - Year 6
Thursday 5th March	World Book Day
Monday 9th March - Thursday 12th March	Parents evenings <i>Teacher led clubs cancelled</i>
Friday 13th March	No Dance Club - Steph away
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time)
Friday 3rd - Friday 17th April	Easter holidays
Monday 20th April 8.30am	School opens for Summer term
Monday 27th April	Clubs start
Monday 4th May	Early May Bank Holiday - school & nursery closed
Monday 11th - Friday 15th May	Year 6 SATs
Wednesday 20th - Thursday 21st May	School show - The Lion King



KEMENETH PRINT STUDIO

MUMS AND TOTS PRINT
CLUB WITH
NATASHA THEAKSTON

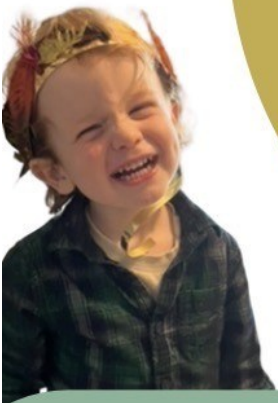
£10

Tuesdays
in Feb
9.45 -11.15

Come and get messy without worrying about the clean up, have fun with your precious babe and meet some new creative mum mates here at Kemeneth. Each session will feature a fun print activity for you to do together, think potato printing, stamping, rolling, pressing. The space is warm, the tea and coffee will be flowing and I'd be delighted to hold the babies so the mums can play. Please book in advance because the sessions will only go ahead with enough signed up.



**4 Wood
Street
Penzance
TR18 2EW**



*For more information email Tash at
penzanceprintmaker@gmail.com,
find me on Instagram or call 07501208302.*