

## FRIENDS OF ALVERTON SCHOOL

### ANNUAL DUCK RACE

SATURDAY 13<sup>th</sup> MAY

### AT WHERRYTOWN BOATING POOL



PLEASE BUY  
YOUR DUCKS!

To raise funds for the school we are holding our annual Duck Race on Saturday 13<sup>th</sup> May starting at 11.00am. Please come and support us. Ducks are £1 each and can be 'bought' from the office. You will be allocated a number for each duck and there will be a board with all the numbers on at the duck race. Cash prizes for the winner and runners up. Refreshments available.

Please come along to support us and enjoy a lovely, family experience.

We need your help.....

## SUMMER FAIR RAFFLE DONATIONS

can you offer a shop or restaurant voucher  
Items for a hamper , wine, unwanted gifts, games...?

Any donations gratefully accepted at  
reception from today.

THE FOAS SUMMER FAIR RAFFLE IS ALWAYS A GREAT  
WAY TO GENERATE FUNDS FOR THE SCHOOL. BUT IT  
RELIES ON THE GENEROUS DONATIONS OF PARENTS AND  
LOCAL BUSINESSES.  
THANK YOU!

## Save the date!

The FOAS Summer Fair will be held on Friday 30th June from 3.15pm. We will be very grateful for any help with this. More information to follow.

Thank you to all our FOAS team - we think you are fantastic!



**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at [head@alverton.tpacademytrust.org](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

**Summer term**

As the weather gets warmer please remember to ensure your child has a filled, named water bottle in school every day and a sun hat and you have applied suncream before they come to school in the morning.

As there will be many more opportunities for taking part in PE outside please make sure that a PE kit is brought into school on a Monday and **is left in school all week.**

Red checked summer dresses or grey shorts may now be worn if the weather dictates.

Please remember to send in a coat on cooler days.



**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.**

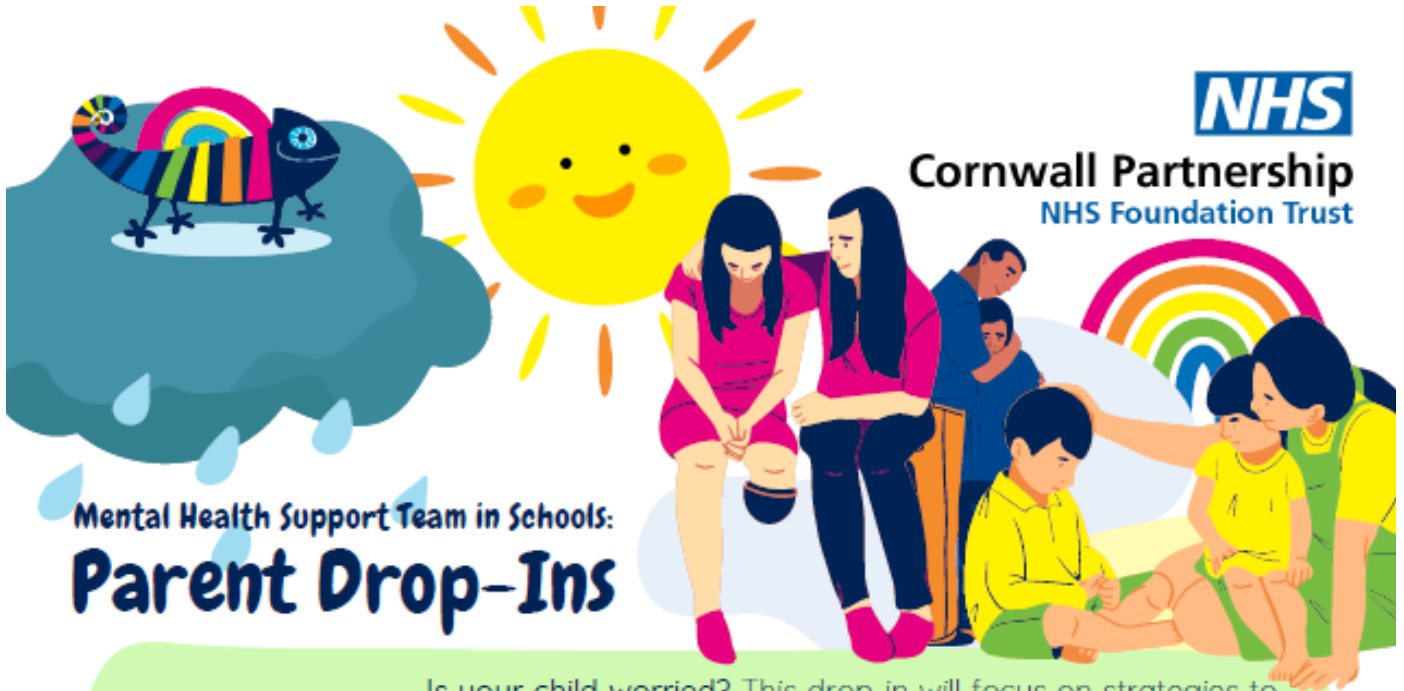
We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

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.

The King’s Coronation Bank Holiday is next **Monday 8th May** and school and the Woodland Nursery will be closed. See you on 9th.





**Cornwall Partnership**  
NHS Foundation Trust

Mental Health Support Team in Schools:  
**Parent Drop-Ins**

## Worry

Is your child worried? This drop-in will focus on strategies to support your child with managing their worries.

3 - 4 pm on: **Wednesday 14th June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

## Sleep

Is your child struggling with sleep? This drop-in will explore ideas for supporting your child with going to/staying asleep.

3 - 4 pm on: **Wednesday 21st June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

## Behaviour

Is your child struggling with tricky behaviour at home? This drop-in will focus on positive strategies to support your child.

3 - 4 pm on: **Wednesday 28th June 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to all Alverton Primary School parents.

## Transition to Secondary

Is your child moving to Secondary School in September? This drop-in will explore strategies for supporting your child.

3 - 4 pm on: **Wednesday 5th July 2023**

School staff will be available to look after your school-aged child/ren who attend the school during this session.

Open to Year 6 Alverton Primary School parents only!



All Drop-Ins will be held by Channon Gray our NHS Education Mental Health Practitioner (EMHP) working as part of the Mental Health Support Team in Schools (MHST). The MHST is an early intervention and prevention service.

If you have any questions about the drop-ins above, then please let your child's Class Teacher know so they can be passed on to Channon in advance.



## Daisy's Diary

Poor old Benjamin had a sore tummy this week and had to visit the vet! The vet looked at her teeth and felt her all over and even had a look up her bum (Benjamin just pretended this wasn't happening and thought about something else). The vet gave her an injection with her special tiny needle she uses for hamsters, and prescribed a little bit of pineapple juice three times a day. Benjamin seems better already. The vet also said she was looking very healthy, well loved and was a really lovely rabbit. Phew.



## Congratulations

On 30th April Alby in Lanyon attended the British Judo Council Open Nationals in Kettering in the 8-9 age group 28kg to 30kg. In a pool of 13 boys, Alby won all his matches, got to the final and gained a silver medal. Alby has trained very hard for this and it is a massive achievement. Well done.



## 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



# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

## AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: It tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

## CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

## BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

## MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

## BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

## TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

## THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

## STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

## USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



**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: 03.05.2023

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 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.

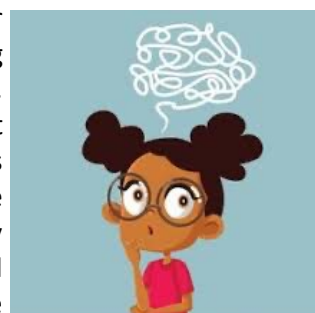
Thank you.



## STARS OF THE WEEK

★	Kittiwakes	Austin	for great team work in own learning
★	Curlews	Callum	you've settled in so well back into our class
★	Puffins	Hunter	for his focus & concentration in lessons. Well done
★	Owls	Izzy	for finding her "big girl voice" & developing such confidence in reading
★	Kingfishers	Millie TA	for super progress in Maths & all round loveliness
★	Trencrom	Jack G	for being so fantastic on Year 3 camp & so kind & helpful to everyone
★	Lanyon	Marley	for being a great friend on Year 3 camp & having a fab can-do attitude
★	Kerris	Ruby	for always behaving beautifully & working hard
★	Bodrifty	Livia	for always quietly working hard & making excellent progress this year. Well done
★	Bosigran	Jack	for being really focussed in English & writing really well
★	Kenidjack	Ciaran	for working really hard to prepare for SATs
★	Lunchtime Star	Darcey SE	for healthy lunch choices & always being so polite

Did it make the week better? Having 3 days off for the weekend and only 4 for school? I can't decide because I couldn't remember what day it was all week long. I sent the school lunch choices for Monday's menu on Tuesday and I didn't quite recover. And we have another long weekend coming up which will probably see me making the same mistake on Tuesday. And when we do have a 5 day week? How will I cope? Goodness, it's tricky at times. But it really isn't, I just need to regain a sense of proportion and realise that little mistakes like that aren't much of an issue, especially when there are far bigger concerns in the lives of others around me that make me realise how fortunate I am to have such tiny worries. If your worries are bigger and you need to share them, please come and find me. Until then, I wish you all a lovely long weekend followed by a super short week. See you Monday? Tuesday? I'm not really sure anymore. Mrs Daylak xxx



### DIARY DATES

<b>Monday 8th May</b>	Bank Holiday - school closed
<b>Saturday 13th May</b> <b>11am - Wherrytown Boating Pool</b>	FOAS Duck Race <i>More details have come home. Please buy your ducks at the office.</i>
<b>Wednesday 24th-Thursday 25th May</b> <b>6.30pm</b>	School show - Matilda
<b>Monday 29th June-Friday 2nd June</b>	Summer half term holiday



Hub



JOIN THE YOUTH CELEBRATION OF THE  
**CORONATION**  
ON BANDSTANDS ACROSS THE COUNTRY

6 - 8<sup>TH</sup> MAY 2023

**TAKING PLACE AT** Morrab Gardens, Penzance

**ON** Saturday 6 May, 1.30pm to 4.30pm



Awarding funds from  
**THE NATIONAL LOTTERY®**



Find out more at [www.mfy.org.uk](http://www.mfy.org.uk)

# Have Fun!



ALL GIRLS WELCOME!

LOL



GIRLS FOOTBALL

The perfect way for girls aged 5-11 to get involved with football




 **TIME AND DATE**

Saturday mornings, 10am-11am

 **LOCATION**

Mounts Bay Academy, Penzance, Cornwall, TR18 3JT

 **NEXT STEPS**

All girls' welcome, visit the website for further information [www.mbfcd.co.uk](http://www.mbfcd.co.uk)

