

Dear Parents/carers

Happy New Year! I hope all our families had a nice Christmas holidays - it was certainly lovely to see the children's smiley faces back in school this week. We started our week looking at the story of the snowdrop, which is the very first flower of the New Year and a welcome reminder that winter will soon be over. We talked about our new year's resolutions and how we can support each other to try and achieve our goals.

PE days

As mentioned at the end of last term, we are not using DT coaching to deliver our PE this term. Class teachers will be delivering the PE sessions, so the days they need to come in wearing their PE kit has changed. For this term, PE days will be as follows:

Tuesdays - Kingfishers and Kerris

Wednesdays - Puffins, Owls and Bosigran

Thursdays - Lanyon and Trencrom

Fridays - Kittiwakes, Curlews, Bodrifty and Kenidjack

Traffic

We have noticed an increase in the amount of dangerous driving and parking outside of the school over recent weeks and are becoming increasingly concerned that it is an accident waiting to happen. We are asking parents to be more considerate in where they park their cars; not mounting the pavement while driving or parking and not leaving engines idling while you take the children into school. If you have concerns or witness driving or parking that concerns you, please report it to Devon and Cornwall Police by following this link:

[Contact us | Devon & Cornwall Police](#)

Traffic support will only be provided if it is brought up by lots of people. You could also email the local MP Andrew George on andrew.george.mp@parliament.uk

Please remember that the back gate is open, so parking around Lariggan Crescent, Laregan Hill or Wherrytown and walking up is a good option as well.



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

New days for wearing PE kit

Please see the information on the first page from Mrs Smith about wearing PE kit to school. The new days are as follows:

- Tuesdays** - Kingfishers and Kerris
- Wednesdays:** Puffins, Owls and Bosigran
- Thursdays** - Lanyon and Tren crom
- Fridays** - Kittiwakes, Curlews, Bodrifty and Kenidjack

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.

Clubs

All clubs start on Monday. Clubs lists have been returned to you so you know which clubs your child has a place on. Many are oversubscribed and have waiting lists so if your child no longer wants a place, please let the office know asap.

Year 1-6 Spanish Club with Kidslingo currently doesn’t have enough interest to run on Mondays. If your child interested, please sign up and pay on their website—<https://www.kidslingo.co.uk/area/spanish-classes-central-west-cornwall/>

Any other clubs that require payment must be made by the first club or your child will not be able to start.

Calling all Reception, Year 1 and Year 2 parents!

Please can you help?

Thursday 16th January is School Census Day and one of the things which is measured is Universal Free School Meals (all Reception, Year 1 and Year 2) children who have school dinners on that day. This makes a big difference to our funding so we would like to ask for your help.

We need as many children as possible in Reception, Year 1 and Year 2 to have school dinners next Thursday.

Even if your child brings a packed lunch please could you book them a school lunch for them to try?

Thursday's menu will be Sweet and Sour Chicken Noodles or Veggie Noodles followed by a ginger and coconut cookie.

With the increasing costs at the moment, our school budget needs all the help it can get and we would be hugely grateful for your support.

Thank you very much.



If you booked your child's lunch on Aspens Select before the beginning of this week, it will have been cancelled when they put the new menu choices in for Thursday 16th January. Please log in and re-order your child's meal for that date. Thank you.

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.

Communications

A big thank you to everyone who has signed up to use Arbor. If you haven't done so yet please log into Arbor as soon as possible so that you will be able to receive communications and use our new payment system.

Please also download the Arbor App. We will be using this from next term to send in app messages. These will replace texts which will be only used for urgent messages.

If you didn't receive an email, please contact the office. Only primary guardians whose email addresses we have on our system will have received these.

PZ YOUNG WRITERS' COMPETITION 2025

Geddon PZ has partnered with the Primary Tutor Project to launch a writing competition for local children aged 5-11. The winning story will be published in Issue 6 of Geddon PZ!

Geddon PZ is a free bi-monthly magazine about local life that can be picked up for free from supporting local businesses.

Local children are invited to write a creative story set somewhere in West Penwith. Callie has provided a free online writing lesson to guide you through the process of writing a story. Look out for places and characters you might recognise!

The theme is "Hidden Stories of Penzance."

It could be a mystery in Morrab Gardens, buried treasure beneath the Benbow, or a magical discovery on the Mount! Whatever you choose it must be set somewhere local to Penzance, the rest is yours to decide!

Terms & Conditions (The boring stuff)

- Stories will be judged on Characterisation, Plot, Originality, Language, and Enjoyment.
- 300 words or less
- Story must be an individual, original creation by the child, set somewhere in Penzance.
- Handwritten or typed
- Submit by 28th February 2025 to primarytutorproject.com/competition or scan the QR code

nicemoon.co.uk
primarytutorproject.com

PRIMARY TUTOR PROJECT

GEDDON PZ

NICE MOON EVENTS

Plan your story...

You must explore to find inspiration for a story. You can choose somewhere you know well, like the park or your school, or research and discover somewhere new!

You will need:
Pen or pencil
Paper or a notebook

1 The setting
Explore your setting and write down words that describe it.

For example, "dogs barking, rustling leaves, smoke wafting from chimney tops..."

Top tip: Use all your senses to help you.


What can you...?
See?
Hear?
Smell?
Touch?
Taste?

2 Develop your Character
Who is your main character and what are they doing here? Think about their personality and appearance. Are they brave, scared, kind, evil, clever, arrogant, mischievous or sensible? What colour hair, eyes, skin do they have? What clothes do they wear?

Draw your character and make notes that describe them, and think about what sort of journey they will go on in your story.

For example, "a fearsome pirate with tattoos and a gold-toothed grin"

3 Planning your Plot
Scan to watch this video lesson from Callie to help you plan your story.





PINS Project - Parent Carer Group launch

Join us for cake and conversation.

When: 8.45 – 10.00 on Wednesday 15th January 2025

Where: *The School Hall*

What: We want to hear from you about what you think and feel is working well, or ideas for making things even better, when looking at the support currently in place for your child(ren).

Who: All Parents and carers in your school. The session will be hosted by me (Lauren) who is working with your school on the PINS Project (Partnerships for Inclusion of Neurodiversity in Schools).

This will be an opportunity to:

- Come together as a community and get to know one another.
- Share your opinions, thoughts and experiences.
- Explore what could be put in place to create positive change for your children.
- Plan together what you would like from future sessions.

If you have any accessibility or dietary needs please email me at: lauren1@outlook.co.uk

I look forward to meeting you on the 15th January 2025



Lauren Ladd

Your Parent Carers Cornwall 'PINS Project Support Officer'

If you are interested in finding out more about the PINS project, and to see the other schools taking part, please visit the Parent Carers Cornwall PINS project page.

www.parentcarerscornwall.org.uk/pins/

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



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/1Pw
GDXSQ40](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

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> 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



0800 1111

0300 123 3393
www.mind.org.uk
mind
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 Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

@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: 01.01.2025

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:

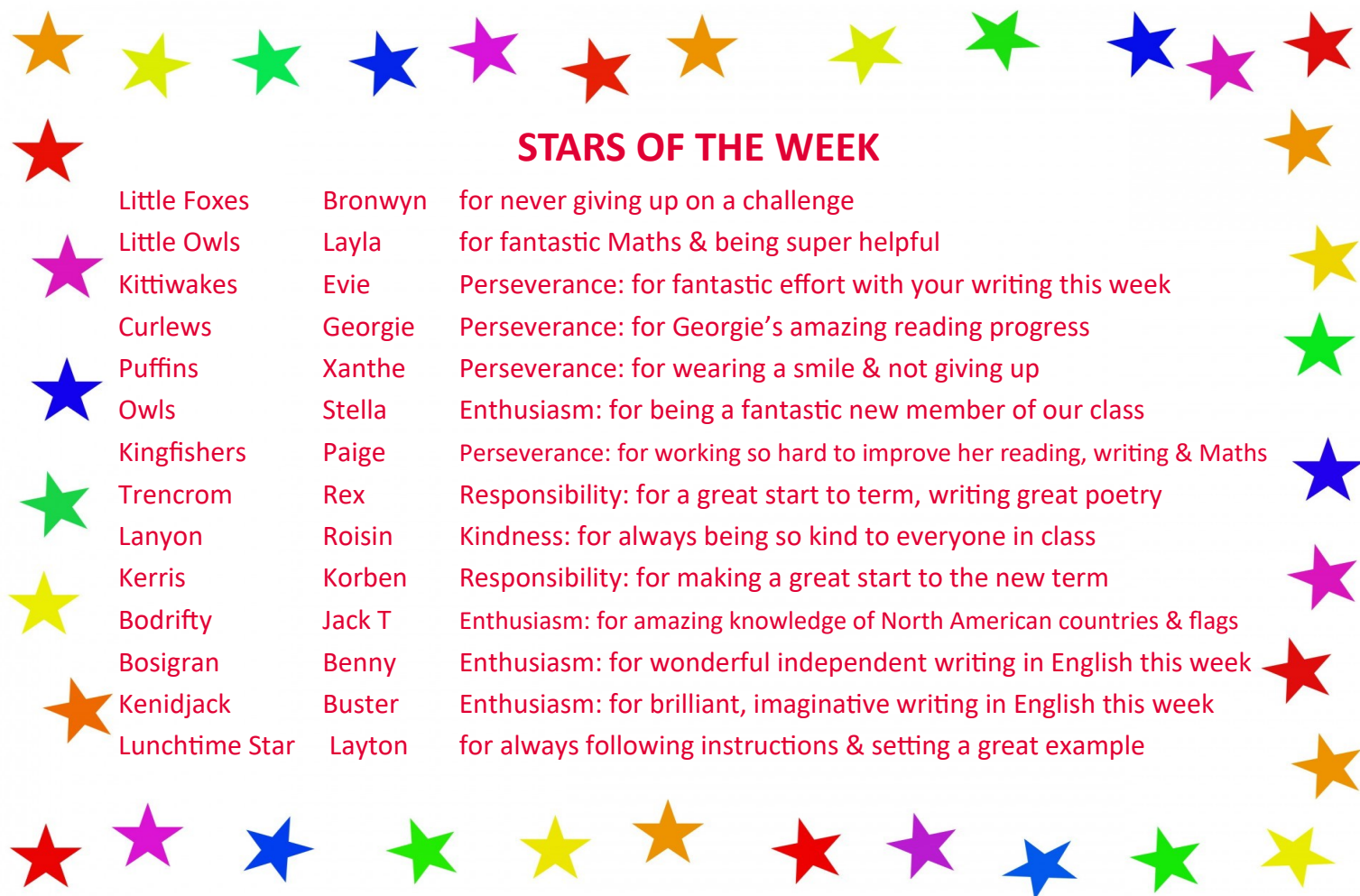
- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

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



Little Foxes	Bronwyn	for never giving up on a challenge
Little Owls	Layla	for fantastic Maths & being super helpful
Kittiwakes	Evie	Perseverance: for fantastic effort with your writing this week
Curlews	Georgie	Perseverance: for Georgie's amazing reading progress
Puffins	Xanthe	Perseverance: for wearing a smile & not giving up
Owls	Stella	Enthusiasm: for being a fantastic new member of our class
Kingfishers	Paige	Perseverance: for working so hard to improve her reading, writing & Maths
Trencrom	Rex	Responsibility: for a great start to term, writing great poetry
Lanyon	Roisin	Kindness: for always being so kind to everyone in class
Kerris	Korben	Responsibility: for making a great start to the new term
Bodrifty	Jack T	Enthusiasm: for amazing knowledge of North American countries & flags
Bosigran	Benny	Enthusiasm: for wonderful independent writing in English this week
Kenidjack	Buster	Enthusiasm: for brilliant, imaginative writing in English this week
Lunchtime Star	Layton	for always following instructions & setting a great example

DIARY DATES

Monday 13th January	Clubs start
Tuesday 14th January	Swimming starts for Lanyon - Group 1 <i>Please return consent form & pay on Arbor</i>
Wednesday 15th January	Swimming starts for Owls <i>Please return consent form & pay on Arbor</i>
Thursday 23rd January	Reception Eden trip <i>Please return consent form & pay on Arbor</i>
Monday 17th - Friday 21st February	Spring half term holiday
Wednesday 5th March	St Piran's parade - Year 6
Thursday 6th March	World Book Day
Monday 17th-19th March 3.30-6pm	Parents evenings

MATHS FOUNDATIONS

Wednesday 19 February 2025

10:30-12:30 or 1:30-3:30

Roarsome Play, Redruth



**BOOK
NOW**



www.mobilemultiply.co.uk

**FREE
ENTRY**

and lunch provided

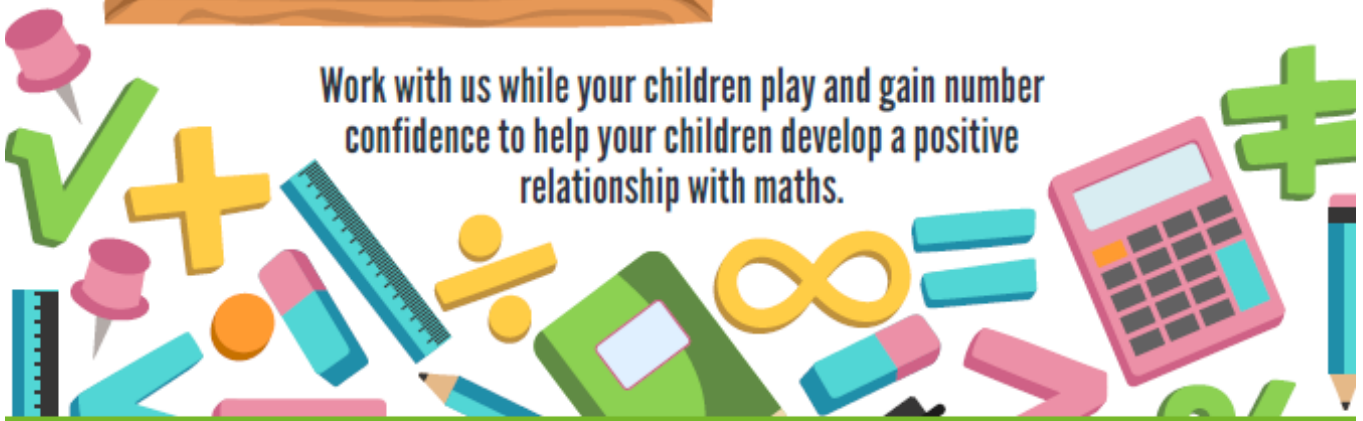
Topics:

- Number recognition
- Number bonds
- Place value
- Time - digital and analogue
- 2D & 3D shapes
-

Learn to:

- Make maths fun
- Reduce / prevent maths anxiety for you (and your children)
- Talk about maths

Work with us while your children play and gain number confidence to help your children develop a positive relationship with maths.



Funded by
UK Government

