

Calling all Reception, Year 1 and Year 2 Parents!

Please can you help?

When we asked last term, everyone was so supportive of this request and we would like to ask for your help again.

Thursday 19 January is School Census Day and one of the things which is measured is the number of 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 in Reception, Year 1 and Year 2 as possible to have school dinners next Thursday.

Even if your child usually brings a packed lunch, please could you encourage them to have a school dinner just on that day? There will be a special menu on Thursday of beef burger and chips or veggie hotdog and chips followed by jelly and ice-cream.

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.



Remember – safeguarding is everyone’s responsibility

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

head@alverton.cornwall.sch.uk 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

Traffic

While our crossing patrol staff member is off please can you ensure that you do not drive down Toltuff Crescent and if you choose to park in Toltuff Road you do so safely and considerately. A number of incidents have been reported recently and have included parking and reversing onto pavements where parents and children are walking.

Wanted

If you have any old National Geographic magazines and/or gardening magazines or books, we’d love to use them for Art this term. Please hand into the office. Thank you.

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.

Clubs

All clubs start next week. There are waiting lists for a number of them so if your child doesn’t attend regularly, their place will be given to another child. Please ensure payment is made for any clubs that require it before the first club or your child will not be able to start.

Menu change

Thursday 19th January

Beef burger and chips

Or

Veggie hot dot and chips

Jacket potatoes and tomato pasta will also be available.

FOAS Meeting

The next FOAS (Friends of Alverton School) meeting is next **Thursday 19th January at 2pm**. Please come along to Alverton reception area and join us, all welcome. We have some exciting events in the pipeline and would love any other fundraising suggestions or support in general. Tea and biscuits provided!



Adults' Quiz Night - Prizes to be won!

Come and test your general knowledge, socialise, and enjoy a soft drink / wine / beer.

Tickets £3 per person on the door, max team of 6, smaller groups/individuals can join forces!
An opportunity to raise funds for the school and meet others.

Main hall, Friday 3rd February. Doors open at 7pm, quiz starts at 7.30pm.



Camp final payments

A reminder that the final dates for payment for camp next term as follows:

Year 4 Bude 1st March

Year 5 BF, Penryn 3rd March

Year 6 London 31st March

You can pay as little or as much whenever you would like up to the final date but please ensure full payment is made by these deadlines.

It's the end of yet another week, and despite my confidence last week about the days becoming longer and lighter it doesn't actually seem to be happening yet, which, to be quite frank, is making me feel a bit fed up. Until I realised that this happens every year, not just the darker days lasting for most (all?) of January, but also the fact that I forget that and feel fed up about it. And along with that realisation came the awareness that it will, as always, be fine soon, I can get my head around all of that and suddenly I felt better. I was very proud of myself but, as always, if you need somebody else to help you feel better about anything, you know where to find me.... Mrs Daylak



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

WORLD OF WARCRAFT

AGE RESTRICTION
12+

WHAT ARE THE RISKS?

World of Warcraft originally launched way back in 2004, and since then the game has blossomed into a major entertainment property. It's spawned spin-off novels, merchandise and even a Hollywood movie adaptation – but why are we still talking about it in 2023? World of Warcraft's most recent iteration, Dragonflight, launched last November and marks the game's ninth major expansion. This latest addition has attracted a whole host of lapsed players back to the game – as well as newcomers jumping into the realm of Azeroth for the first time.

ALWAYS ONLINE

World of Warcraft is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Players create a character and head off on mythical quests to earn rewards and become more powerful. The game's environment is absolutely vast, and it can only be played online on PC or Mac – so there's a high probability of young Warcraft fans wanting to monopolise the family computer.

REGULAR EXPANSIONS

As is common with many MMORPGs, World of Warcraft's developers, Blizzard, release regular expansions for the game (usually every 18 months to two years). So although there's still plenty of content for young players to experience right now, there will almost inevitably be a requirement to continue buying future expansion packs, which tend to cost around £50.

IN-GAME PURCHASES AND SUBSCRIPTIONS

Just like its genre contemporary Final Fantasy XIV, World of Warcraft requires a monthly subscription fee to play. It's currently £9.99 per month (although you can get it cheaper by signing up to a longer subscription). There are also many items which can be purchased from the in-game store that don't affect gameplay, but instead offer cosmetic alterations to a player's character.

VOICE AND TEXT CHAT

Because World of Warcraft is played exclusively on PCs and Macs, it's easy for users to type out text messages if they aren't comfortable using voice chat. If you'll forgive the pun, that's a double-edged sword because – although there's less chance of them being harassed verbally – it puts young players at increased risk of being trolled or receiving spam through the in-game messaging function.

SIMULATED VIOLENCE

The fact that World of Warcraft is almost 20 years old means that even its most violent battles look slightly cartoonish compared with the level of authenticity in many more modern games. The exception tends to be Warcraft's in-game cutscenes: animated sections which move the plot onto the next stage. These offer more realistic visuals, but they still aren't overly gory or scary.

POTENTIAL FOR ADDICTION

World of Warcraft can trigger a powerful "just one more quest" mentality in players (especially young ones) as they rush to secure the next dopamine hit from levelling their character up or earning a new item or weapon. It's also a game that doesn't have a definite "end" – because as soon as a player finishes levelling up one character, they can start afresh with another one.

Advice for Parents & Carers

MANAGE PLAYTIME

World of Warcraft can be an extremely enjoyable game to play with friends, but it's important that your child doesn't let their adventures crowd out school work, socialising or anything else they also enjoy. You could, for example, consider imposing playtime limits – such as a set number of hours to play Warcraft per week, or restricting it to particular days or just weekends.

MAKE IT A REWARD

If your child is excited about getting the next World of Warcraft expansion, you could consider using it as a reward for completing their weekly tasks (you could even call them "quests") like tidying their room or doing their homework. This will demonstrate that you're happy for them to play the game but will also help them to build good, productive habits, reinforcing that hard work earns rewards.

SIGN UP FOR THE FREE TRIAL

Warcraft's monthly subscription effectively "pays" for the regular new content, but there's also a sizeable free trial that lets new players explore the world of Azeroth without paying a penny. Players can play up until Level 20 for free, which is easily several hours' worth of gameplay. If your child does take this option, we'd suggest minimising in-game spending by not linking a bank card to their account.

REMEMBER THE AGE RATING

Due to mild violence and the occasional use of offensive language, World of Warcraft has been rated as appropriate for players aged 12 and over by PEGI (the Pan-European Game Information system, which gives games their age certificate). It isn't really suitable for anyone below that age, so you may potentially have to explain this reasoning to your younger children if they want to play it.

ADVENTURE TOGETHER

Warcraft can certainly be addictive, but playing it together is also a great way to spend time with your child. The game's focus on cooperative questing and battling enemies can make it feel like you've accomplished something as a team, and you'll also be in a prime position to spot any early signs of addiction. Just remember to apply gaming time limits to yourself as well as your young ones!

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexterto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and Techradar, among others.



NOS
National
Online
Safety®
#WakeUpWednesday

Source: <https://www.theguardian.com/technology/2011/aug/29/world-of-warcraft-video-game-addict> | <https://worldofwarcraft.com/en-us/start>

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	Cammiie	Well done - you have worked so hard this week in phonics & Maths
	Curlews	Joni	you're getting more & more confident every day
	Puffins	Chester	for his fabulous attitude to learning
	Owls	Nikolas	for working so hard to improve his reading & making super progress
	Kingfishers	Casper	for getting 100% fluency on Reflex Maths
	Trencrom	Brodie	for being a kind & conscientious member of the class
	Lanyon	Noah PM	for being a positive role model in class especially geography
	Kerris	Harris	for always putting his hand up to share his brilliant ideas
	Bodrifty	Evie	for always working so hard & being such a lovely member of Bodrifty
	Bosigran	Jamie	for working really hard in Maths & scoring a hat-trick in our football game
	Kenidjack	Mark	for consistently super work & a great letter of complaint
	Lunchtime Star	Leo	for his impeccable manners all of the time

Lost

Tegan in Year 6 has lost her sausage dog key ring (looks like a sausage roll). Please hand in if found.

DIARY DATES

Monday 16th January

3.15pm

Clubs start

Lists have come home. Please pay promptly if necessary and before the first club so that your child can start

Thursday 19th January

2pm

FOAS Meeting

Friday 3rd February

7pm for 7.30pm start

FOAS Quiz Night

Friday 10th February

3.15pm

School closes for half term

Monday 20th February

8.45am

School opens after half term