



31/3/23

FRIDAY NEWS

N<sup>o</sup>. 26

Dear Parents and Carers,

As another term finishes, we can reflect on a fantastic term's learning. This always feels like the term in which the children really settle into their stride and make an enormous amount of progress and this is especially true for our Year 6 pupils who are working extremely hard at school, and often at home too, to prepare for their SATs tests in May. As parents, the most important things you can do for your child is to encourage reading, both listening to your child read and reading to them. Children are never too old for either of these things, no matter how confident a reader they may have become and, when they are still learning to decode and read fluently, it is absolutely essential.

We have held two super events this week. Firstly, Key Stage 2 held an Art Exhibition on Tuesday and it was lovely to see so many people come along to support the children who were so enthusiastic to share their work and admire the creative, colourful and unique work of others. On Wednesday, FOAS organised a fantastic disco, the highlight of which was over one hundred Key Stage 2 children dancing together to Revolting Children – a sneak preview of things to come! Thank you to FOAS and to all for you for supporting their fundraising events – more to come next term!

Next term holds lots of excitement in store for everyone. All children from Year 1 to Year 6 will be focusing on Geography and will be out and about doing fieldwork and mapwork and it is a great term for lots of sport and outdoor activities too. We also have some of the most popular events of the year coming up, with Sports Days, the FOAS Summer Fair and, of course, our school production of Matilda. Our Key Stage 2 children will be taking part in a "camp", whether enjoying a day out followed by a sleepover at school, a trip to the outdoor education centres at Bude or at BF Adventure or a spectacular visit to London. Last year, we held the first Alverton Picnic to celebrate the Queen's Platinum Jubilee and it was such a lovely event that we plan to recreate it this year by holding a Big Lunch to celebrate King Charles's Coronation sometime next term.

I want to take this opportunity to say thank you to all the staff who work so hard every single day to provide the children with the absolute best possible experience that they can. This will be even more true next term – all the events mentioned above take a huge amount of time and organisation and we are very grateful to work with people who are always prepared to put in so much time and effort and "go the extra mile" with a smile and enthusiasm even when they are absolutely shattered.

Today, we have said goodbye to our fantastic caretaker, Phil Studley. Mr Studley has been with us for almost two years and, during that time, he has worked wonders on many different aspects of the grounds and the building. Nothing has been too much trouble, or too difficult a task for him to take on, and we will all miss his easy-going, helpful and capable presence around the school.

Have a lovely Easter holiday and hopefully enjoy some lovely Cornish sunshine!

Best wishes,

Cathryn Wicks  
Head of School

## 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)

## Staffing news

We're sorry to be saying goodbye to Phil Studley, our Caretaker, this week and wish him all the very best for a wonderful retirement. We're delighted to be welcoming Graham Allen, who will be his replacement, to the Alverton team.

## School term dates 2023-24

Next school year's term dates are emailed with this newsletter and can also be found on the school website under Parents, Term Dates.

## New lunch menu

Chartwells have a new menu starting after Easter starting with Week 1. A printed copy has come home this week with your child. The menu is also available to view on the school website What's On This Term.



## 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.

## Year 6 camp payment

Final payments for the Year 6 London trip need to be made online **by today, 31st March** at the latest please. We also need £10 in cash for our food on the journey home which should be handed into the office. Thank you.

## Songfest 2023

The Year 5 Alverton Songfest Choir performed in St John's Hall this Tuesday amidst the massed ranks of many local schools which filled the stage. To a packed audience, we were first treated to stunning performances by Hayle & Humphry Davy schools, which the children really enjoyed watching, and then to a super performance of 9 songs which the children had to learn off by heart all about different times in history. Having put in many weeks of practice, our children were fantastic and relished the whole experience. Huge thanks to the many parents and families that attended, taking home tired but very happy children.

*Mrs England & Mrs O'Rourke*



### After school childcare

If your child needs after school child care **we have limited spaces so it must be booked in advance with the office** by emailing [alverton@tpacademytrust.org](mailto:alverton@tpacademytrust.org) or calling 01736 364087 before 3pm on the day of the booking required.

The cost is £6 for one hour or £12 for two and care finishes at 5.15pm. If you late to collect your child after 4.15pm you will be charged an additional £6. **If you are late after 5.15pm we will charge a late collection fee of £25 as we need to cover an additional hour for two members of staff.**

### Ukraine fundraising

Matilda, Amelia, Saphie and their friends in Year 5 have been raising money for Ukraine. They have raised a brilliant £140. Thank you very much to everyone who has supported them.



## Daisy's Diary

On Wednesday afternoon a group of students and three parent helpers and I had been invited to Newlyn Art Gallery to help replant their wildflower gardens. We went in the rain to mix seed, prepare the ground, sprinkle it and then firm the seeds in. It was wet! And very muddy! Newlyn Art Gallery, Cormac and Councillor Jim McKenna really kindly showed us what to do, provided all the things we needed and gave us squash and chocolate fingers. So lovely to do a trip again – it's been so long since I've been out of school with kids and it was brilliant fun. We might go back in April, depending on the chocolate finger supply, and plant some more. In the summer you will be able to look at the gardens and see the flowers we put in. Thank you so much to Layla's Dad, Scarlett's Mum, and Lucie's Auntie for coming along and getting soaked with us.



**SPRING!** Signs of spring popping up around school... photos by Kingfishers class.





Tickets on sale after Easter! Look out for a text.

# Alverton Primary School presents



# ROALD DAHL'S Matilda THE MUSICAL JR.

Wednesday 24th May 2023 at 6.30pm  
Thursday 25th May 2023 at 6.30pm

## Tickets

£4.50 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children  
who would like to attend.

Book by  
Dennis Kelly

Music and Lyrics by  
Tim Minchin

Roald Dahl's *Matilda The Musical JR.* is presented through special  
arrangement with, and all authorized materials are supplied by,

Music Theatre International, New York, NY

(212) 541-4684 [mtishows.com](http://mtishows.com)



## 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



# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

## WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

## PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

## BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

## DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

## DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

## ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### PUSH DISTRACTIONS AWAY

Notifications on our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



**NOS** National Online Safety®  
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/eggs/the-big-ask-big-answers/>  
<https://www.onz.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>



@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: 29.03.2023

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 amazing interaction & listening in carpet time
	Curlews	Charlie	what a star! Well done. This is for you, your mummy, daddy & little sister
	Puffins	Kerris	for putting 100% effort into everything she does
	Owls	Olympia	for working so hard on her handwriting
	Kingfishers	Ayla	for working really hard in everything she does
	Trencrom	Chloe	for being such a helpful member of our class
	Lanyon	Benny	for always giving 100% in his work & being a great helper & friend
	Kerris	Vivian	for always being a perfect gentleman & always working hard
	Bodriftly	Logan	for showing true engineering skills when designing a building
	Bosigran	Teddy	for working really hard especially with his reading
	Kenidjack	Rosa	for brilliant work and great progress with SPAG
	Lunchtime Star	Jemima FS	for being so helpful tidying up the playground



Suddenly it's Easter, and while that makes me very excited and happy, I'm aware that others may well feel differently. Not everybody enjoys the same things and not everybody will have the relative freedom that I will have. Yes, I will do some school work and probably pop into school (that messy cupboard won't tidy itself) but mostly I can please myself. And I will see most of my friends and family and generally come back feeling refreshed and ready for the summer term. As far as my support role here at school goes, there are no opportunities to come and chat for two weeks now, so if you need me please do so as soon as we get back if you haven't already done so. If you are aware that someone is struggling and in need of a chat, perhaps you could invite them round for a cuppa or offer to go to the park with them and their children. The holidays can be socially isolating and an invitation from another parent can make a huge difference; I know this from personal experience. Kindness makes the world a better place, so let's all work together to be kind. Kinder than necessary. It'll make somebody smile. Happy Easter, may it be filled with chocolate and sunshine, Mrs Daylak xxxxx

### DIARY DATES

<b>Friday 31st March</b> 3.15pm	Last day of term
<b>Monday 17th April</b> 8.45am	First day of summer term
<b>Friday 21st April</b> Evening	FOAS Bingo Night <i>Details to follow</i>
<b>Monday 24th April</b>	Clubs start

Argyle Community Trust will be running Easter holidays activity sessions at Humphry Davy School on Tuesday 11th, Wednesday 12th, Thursday 13th and Friday 14th April.

The sessions are open to children from the age of 7 to 16. During the sessions children will be able to take part in a variety of activities such as Football, Basketball, Tennis, Badminton, Netball, Arts & Crafts and Christmas themed games. Each day the school kitchen will be providing lunch and fruit for all children who attend.

Please click on the link to book your place

<https://playwaze.com/discover/result?item=4r399obbm919xd&type=Communities>

**HOCKEY HEROES**  
A HERO IN EVERY KID  
A fun welcoming introduction to hockey for all 5-8 year olds  
FIND OUT MORE: [hockeyheroes.co.uk](http://hockeyheroes.co.uk)

**COME AND MEET CAPTAIN DRIBBLE!**  
AN EXCITING INTRODUCTION TO HOCKEY FOR 5-8 YEAR OLDS  
DEVELOPS PERSONAL CHARACTER AND PHYSICAL SKILLS  
PARENTS AND CARE GIVERS ENCOURAGED TO JOIN IN THE FUN  
STICKS, BALLS, T-SHIRT AND STICKERS TO PRACTISE AT HOME  
ENJOY A HEROES SNACK IN THE CLUB HOUSE AFTERWARDS  
GRADUATE TO OUR UNDER 8'S CLUB SESSIONS FOR A REDUCED MEMBERSHIP FEE  
SUPERHERO COURSE STARTS **SUNDAY 23<sup>RD</sup> APRIL 10-11AM**  
HERO HQ - PENZANCE ASTRO PARK - TR18 3QW

**PENZANCE HOCKEY CLUB**

**MOUNTS BAY ACADEMY**

**Easter Active Holiday Club**  
3rd - 6th April 2023  
Mounts Bay Academy TR18 3JT  
10.00am - 2.00pm  
5-16 years old  
£15 a day or free for FSM

The Holiday Programme is open to all young people aged 5 to 16 and is fully funded for those who are in receipt of benefits-related Free School Meals. There are some great activities on offer, covering a mixture of sports and creative activities, from bike track to record label (music). We also supply a limited mini bus service to support young children to attend. Make sure you book before places are full.

**FREE to book. Scan here:**

5-11 years old	11-16 years old	Cycle Track	Football	Transport

Email: [holidaycamp@mountsbayacademy.org](mailto:holidaycamp@mountsbayacademy.org)

**FREE HOT MEAL INCLUDED AND FREE HOME COOKING BAG**

Department for Education | TIME TO SHINE | CORNWALL COUNCIL | active CORNWALL | MOUNTS BAY ACADEMY

**Earth Day**

Create a Play in a day at The Minack Theatre to celebrate Earth Day!

Work with professional directors, choreographers, a musical director and prop makers to create a series of epic stories that celebrate World Earth Day 2023!

**April 22nd 2023**  
Ages 7-11  
10am start  
Performance at 5pm

**MINACK THEATRE**