

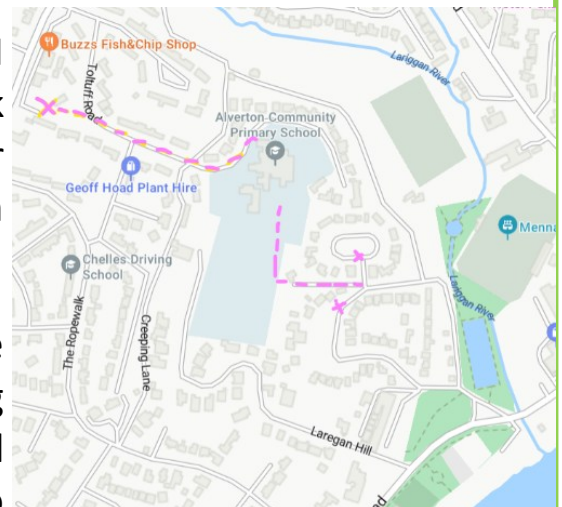
Dear Parents and Carers

What a wonderful first week it has been at Alverton School! I have been so impressed with how well the children have come in and adapted to their new class. On my visits around the school I have loved seeing the children get stuck into their new topics. A real highlight was watching Year 5 and 6 do their Roman soldier marching formations!

We understand that for some the transition will be hard. Our teachers are keen to work with you to ensure your child settles as quickly as possible. If you have any specific concerns, please make contact with your child's teacher so that we can put strategies in place. You can email the office on alverton@tpacademytrust.org or speak to the teacher on the gate to arrange a specific time to meet.

Parking - As we start the new term, please can I remind you to park considerately. You can park at Hope Church and walk down Toltuff Road, or down in Lariggan Crescent and walk through the field.

Last year we were able to get a lot more police presence outside in the morning by reporting dangerous situations. If you notice and dangerous driving or parking please report to the 101 online service using the following link:



<https://www.devon-cornwall.police.uk/ro/report/ocr/af/how-to-report-a-crime/report-a-road-traffic-incident/>

Have a great weekend!

Nichola Smith
Headteacher

PE

All children at Alverton take part in a varied and enjoyable PE curriculum, as well as having the opportunity to join a range of active extra-curricular clubs. PE is highly valued by the staff as well as by the children and we aim for all children to enjoy PE and sport and understand the importance of leading a healthy, active lifestyle.

To develop this love of activity, we offer a wide variety of sports and activities both during PE lessons and through our after-school clubs, endeavouring to ensure that pupils will all find an activity they can access and enjoy.

All children from Year 1 to Year 5 go swimming at some point during the year and all classes from Year 1 to Year 6 will have Forest School as part of their PPA for two half-terms across the year. In addition to this, children receive coaching from outside professionals in various sports. Each class also has a PE curriculum that they complete in PE lessons.

Across the school this half term, the sports and activities are Forest Schools, PE Fundamentals, Fitness, Ball Skills, Football, Swimming, Netball, Tag Rugby and Hockey.

All this means that the timetable for PE will need to change each half term as there are many factors to consider! We will keep you updated through the newsletter about any changes as your children are able to wear their PE kits on PE days.

Autumn 1 – PE Days

Kittiwakes	Friday
Curlews	Friday
Puffins	Monday and Tuesday
Owls	Tuesday and Wednesday
Kingfishers	Wednesday and Thursday
Trencrom	Wednesday and Friday
Lanyon	Monday and Thursday
Kerris	Wednesday and Thursday
Bodrifty	Tuesday (PE kit) and Thursday (outdoor clothes for forest schools)
Bosigran	Tuesday and Friday
Kenidjack	Monday and Tuesday

PE Uniform

Plain **white** or **red** polo shirt

Plain **black** shorts

Trainers (as plain as possible)

In the colder months, it is important that the children are dressed appropriately for outdoor PE and they may wear a school tracksuit (or plain black bottoms and their red jumper / cardigan / school PE hoodie) for outdoor games.

Reception PE Uniform PE kit for Kittiwakes and Curlews is plain **black** bottoms and trainers with their usual **red** polo shirt and **red** jumper / cardigan.

As your children will be wearing their PE kit on two days each week, please can we ask for your support in making sure they look as smart in their PE uniform as they do in their day-to-day uniform. Thank you.

If you have any questions about PE, please don't hesitate to contact your child's teacher who will be pleased to help.

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

Clubs

New clubs lists will come home on Monday for starting from Monday 15th September.

School lunches

The same menu is continuing until October half term. Please order in advance using the Aspens Select site and before 9am at the latest on the morning your child would like the meal.

Music lessons

If your child (from Year 2 upwards) would like to have music lessons this term, there are spaces available for drums, guitar, keyboard, singing and violin. Lessons take place during the school day, usually in the afternoon. For more information and costs, please contact the Cornwall Music Service Trust for guitars, keyboards, singing and drums. [CMST - Cornwall Music Service Trust](#)

For violin lessons, please contact Emma Stansfield by emailing violastansfield@gmail.com

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.

ALVERTON PRIMARY SCHOOL'S PRODUCTION OF



WEDNESDAY 20TH MAY 2026 AT 6.30PM
THURSDAY 21ST MAY 2026 AT 6.30PM

Music and Lyrics by **Elton John** and **Tim Rice**
Additional Music and Lyrics by **Lebo M**, **Mark Mancina**, **Jay Rifkin**
and **Hans Zimmer**

Book by **Roger Allers** and **Irene Mecchi**
Based on the Broadway production directed by **Julie Taymor**

This amateur production is presented by arrangement with Music
Theatre International

All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

Unauthorised Absences from school

Here at Alverton School (part of Truro and Penwith Academy Trust), we recognise that there are occasions when it is appropriate to authorise an absence, such as when a pupil is genuinely too ill to attend school.

However, the Government does not support parents taking children out of school unless the school agrees this is appropriate under '*exceptional circumstances*'. Any request for leave should be made in writing to the Headteacher using the school's '*Leave of Absence Exceptional Circumstances*' request form.

If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £80 if paid within 21 days or £160 if paid after this but within 28 days.

If your child is further absent from school without authorisation within any 3-year period, you will be committing a further offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices for a second offence are issued per liable parent, per child and each carry a fine of £160, payable within 28 days.

Importantly, fines per parent will be capped to two fines within any three-year period. Once this limit has been reached, other action such as a parenting order or prosecution will be considered.

Failure to pay the Penalty Notice may also result in legal action. If you are prosecuted and attend court because your child has not been attending school, you could get a fine of up to £2,500. Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Absence not authorised by the school may also result in a prosecution in the Magistrates' Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Again, Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Money raised from fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.

'Parent' as set out in Section 576 of the Education Act 1996, defines parent to include: natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and; any person who, although not a natural parent, has care of a child. Having care of a child means a person with whom a child lives and who looks after a child, irrespective of what their relationship is with said child.

You are welcome to contact the school to discuss any concerns you may have regarding this or if you feel you would like advice or support in helping your child attend more regularly. Alverton School (part of Truro and Penwith Academy Trust) is committed to enabling every child to reach their full potential and aims to work with parents to ensure this can be achieved.

Yours sincerely

Nichola Smith



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 for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



#WakeUpWednesday®

The National College®

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

music @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: 27.08.2025

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.

STARS OF THE WEEK

★ Puffins	Ivey	Enthusiasm: for giving everything a go & trying her best
★ Owls	Rex	Perseverance: for perseverance even when things seem a bit tricky
★ Kingfishers	Astrid	Enthusiasm: for a brilliant start to Year 2
★ Trencrom	Theo	Enthusiasm: for making a great start in Trencrom
★ Lanyon	Alfie	Enthusiasm: for always being ready to learn with a smile on his face
★ Kerris	Enys	Enthusiasm: I am so impressed with his attitude to learning
★ Bodrifty	Roisin	Enthusiasm: I'm very impressed with her enthusiasm & effort
★ Bosigran	Emily	Enthusiasm: for being focused to revise Maths from the first day
★ Kenidjack	Violet	Enthusiasm: for making a super start in Year 6
★ Lunchtime Star	Archie	for lovely manners
	Noah PM	for lovely manners

A huge welcome back! Have you missed us? Have you missed the routine and structure or have you loved the freedom offered by no school for such a long time? Has it been easy? Or a real challenge? Probably somewhere in the middle? A bit of both? Well rest assured, despite posts to the contrary, that everybody will have had good times and bad, some sunshine, some rain, been a bit down, a bit stressed, had a lot of fun, missed playing and socialising, enjoyed the lazy mornings, missed the structure of the day. (I hated those posts as a parent, I found them so stressful that I removed all forms of social media from my world - try it - it's refreshing and freeing and I now don't feel any pressure) We're all human, it's okay to have had a bit of everything. Goodness it's totally normal to have had some of everything. No matter what, welcome back, I hope the first week back has been a good one for you and the small people in your world. If not, here I am, ready and waiting with tissues, tea, biscuits - you know the drill. Much love, Mrs Daylak xxxx

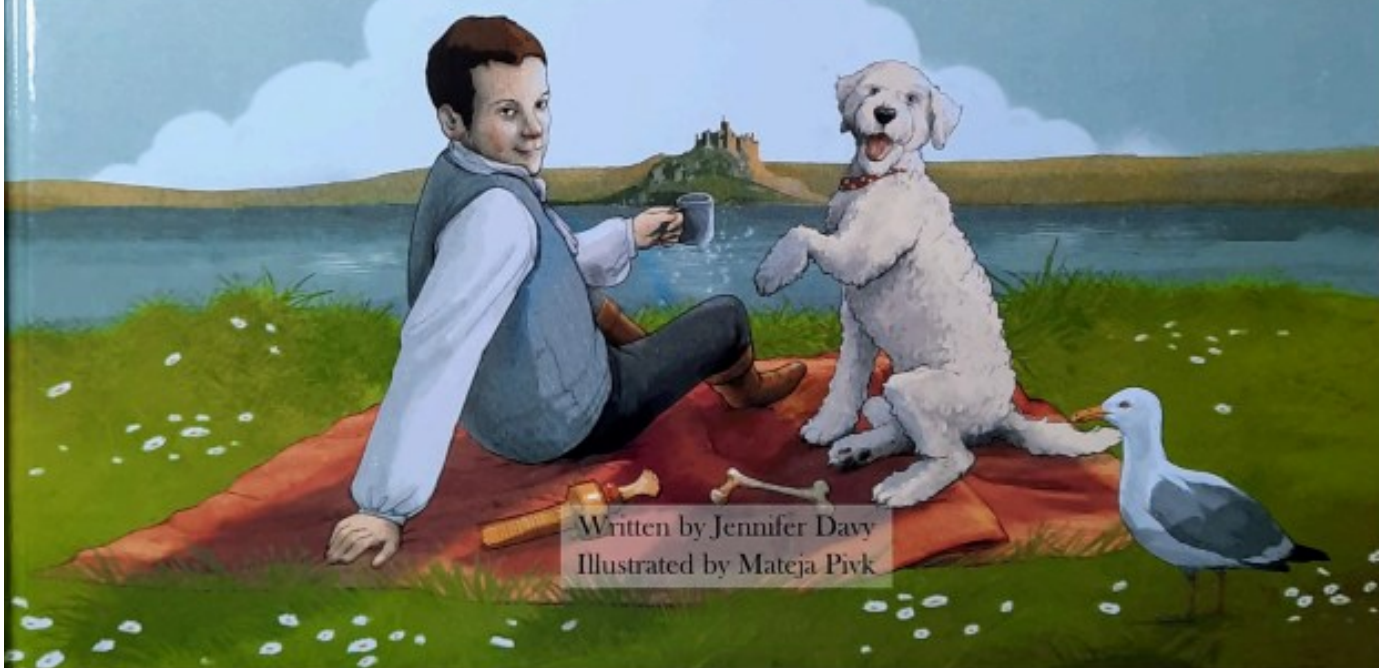


Lost property

Any lost items will be put in the large black chest next to the side hall door. If items are named they will be given back to your child. All un-named items will be taken to the charity shop every half term. **Please name all your child's clothing and belongings.**

Chloe Tales

Chloe and the Bright Idea



A wonderful storytelling event by author
Jennifer Davy

Alverton Primary School
15th September 2025

PENZANCE

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Learn to Swim
Programme



LeisureCentre.com



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LEARN TENNIS AT PENZANCE TENNIS CLUB
TODAY

Discover the joy of tennis in a **fun and supportive** environment tailored for beginners.

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www.ivtenniscoaching.com



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ADVENTURERS

AT THE CENTRE



MINACK
THEATRE

FREE CREATIVE ARTS CLUB

FOR 7-11 YEAR OLDS

From 15th September
Every Monday 4-5pm
The Centre - Newlyn

For more information -
education@minack.com
or visit Minack.com to sign up