

Football News

Last Tuesday, 16th January, the girls football team played against the girls of Gulval. The game started off with lots of Alverton possession, we were passing the ball well and Saphron scored the first goal in the bottom left hand corner giving us a good head start. Gulval had a good comeback and scored a goal making it a draw. About 10 minutes into the first round Bea P scored the second goal, right before half time, putting the Alverton girls back in the lead. After half time the Gulval team scored again making it back into a draw and making the match more intense. Luckily Evie scored and put us back in front with the score 3-2 to us. Suddenly, right before the whistle blew, Saphron kicked the ball and luckily scored making us have the win. All in all the girls played really well and everyone loved it.

The team was: Bea P, Amelia, Saphron, Evie, Izzy A, Flo, Eva Cl, Matilda, Hope and Seren.

Report by Bea P and Amelia

On Wednesday 17th January Alverton played St Ives in the Diamond Shield cup. Even though the teams were equally good Alverton had a break through with Jack sprinting down the wing who squared it to Riley who took his chance and slotted it into the bottom corner. As the game went on Alverton had the most possession and chances but St Ives had a counter attack and almost scored from it but they hit it straight at the keeper, Finn, who saved it and held it well. Finn booted it up the field but lost it and St Ives ran down the field but in the blink of an eye Joey intercepted it and he dribbled it down the wing. He had a shot but unfortunately it got saved. He spilled it and Teddy was there for an easy tap in to make it 2-0. St Ives then pelted it behind the defence and chipped Finn, scoring a goal. It was a close game but in the end Alverton went through to the next round. Final score 2-1.

The team was: Jack, Teddy, Finn, Joey, Kai, Riley, Mason, Jai, Joey and Joe.

Report by Jack and Teddy



Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

sbrown@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

Year 1-3 Dance Club

Steph from Jump Dance will be back after half term to run her Dance Club. If your child would like a place, please fill in a form at the office. It will run for 5 weeks from 23rd February-22nd March and cost £15.



THIS IS OUR

HELP YOUR SHELF

How it Works

It's all **free**.

**Take what you need,
whenever you need it.**



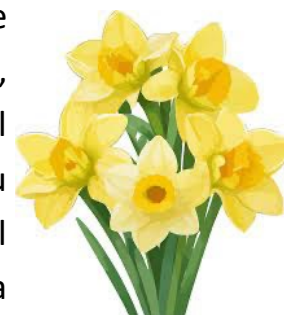
No Questions Asked – No Judgements Made

Give what you can if you would like to.

We currently have lots of items on our Help Your Self 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.

There is, at long last, light at the end of the tunnel. Or rather, light at the end of each day. As I cycle to school I can see a glimmer of daylight and if I don't leave too late I can see a little bit of light then too. It's official, spring (my absolute favourite season of all time) is on its way. I'm so happy. Daffodils, sunflowers, birds tweeting, crocuses, snowdrops, warmth, beach days, picnics, all are heading our way and I cannot wait. Does that thought make you smile? Or grimace? Want to bury your head under a duvet? All responses are fine, but if there's not a smile on your face, perhaps a chat and a cuppa can help? You know where I am, and I rarely do leave before it's dark, so anytime is fine. Come and say hi. Until then, love and best wishes, Mrs Daylak xxxx





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

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

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: 17.01.2023

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. 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 | Danby | for eating all of her lunch & doing super tidying up |
| Little Owls | Dottie | for always for being willing to learn |
| Kittiwakes | Coby | for working hard on being brave coming into school |
| Curlews | Adrianas | for trying hard with his writing & phonics |
| Puffins | Cammie | for designing a playroom in our science class |
| Owls | Seb | for always doing such a super job with spellings |
| Kingfishers | Harriett | for her amazing descriptive writing about dragons |
| Trencrom | Miller | for working hard all week & for a positive attitude to learning |
| Lanyon | Riley | for fantastic effort in class all week |
| Kerris | Benjamin | for always working hard & being such a pleasure to have in our class |
| Bodriftly | Lola | for a great start to the Spring term, working hard & being helpful |
| Bosigran | Emilis | for showing focus & determination all week |
| Kenidjack | Kai | for being an all round star every day |
| Lunchtime Star | Austin D | for being such a great help at lunchtime |

DIARY DATES

Monday 12th-Friday 16th February	Spring half term holiday
Monday 19th February	School opens for second half of Spring term
Tuesday 5th March	St Piran's Parade for Year 6
Thursday 7th March	Book Day
Monday 11th-Wednesday 13th March	Parents evening <i>All teacher led clubs cancelled</i>
Friday 22nd March	Clubs finish



**SEA
CADETS
PENZANCE**

LAUNCH INTO A NEW ADVENTURE



INFORMATION FOR PARENTS AND GUARDIANS

Each week, across the UK, 9,000 trained Sea Cadets volunteers commit their spare time to help young people launch themselves into new adventures.

Sea Cadets is committed to equality and diversity and take the safety of young people very seriously. Our safeguarding policy safeguards young people and places their health and welfare at the top of our priorities.

JOIN US

Penzance Sea Cadets
T: 01736 332107

Email - seacadetspenzance@gmail.com

Unit Nights - Mondays & Thursdays

Cost - £2.50 a night

Uniform - £30 one off payment.

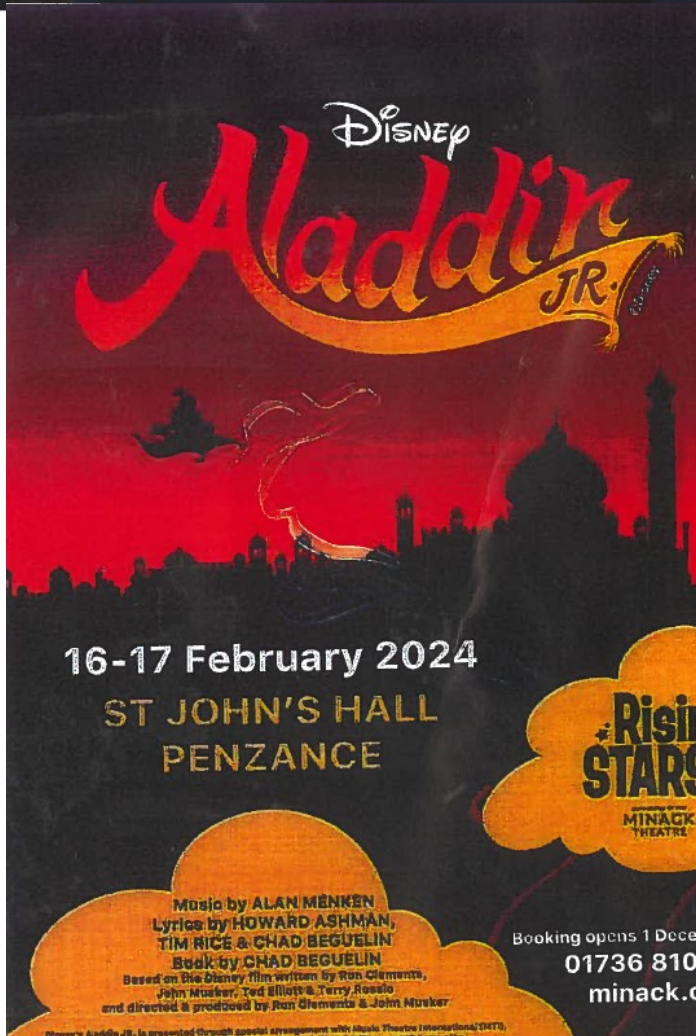
OPEN EVENING - 30th January @ 1830

Please contact the email above to book your place.

sea-cadets.org/penzance



Charity Registration No. 300684



Disney *Aladdin* JR.

16-17 February 2024
ST JOHN'S HALL
PENZANCE

**Rising
STARS**
MINACK
THEATRE

Music by **ALAN MENKEN**
Lyrics by **HOWARD ASHMAN,**
TIM RICE & CHAD BEGUELIN
Book by **CHAD BEGUELIN**
Based on the Disney film written by Ron Clements,
John Musker, Ted Elliott & Terry Rosales
and directed & produced by Ron Clements & John Musker

Booking opens 1 Dec
01736 810
minack.co

Disney's Aladdin Jr. is presented through special arrangement with Music Theatre International (MTI).
Disney, Aladdin Jr., is presented through special arrangement with Music Theatre International (MTI).
www.mtintl.com



**MINACK
THEATRE**

AUDITIONS

**THE LIGHTHOUSE
KEEPER'S LUNCH**

**ARE YOU AGED 7-11 AND
LOOKING FOR AN OPPORTUNITY
TO PERFORM ON THE MINACK
STAGE?**



AUDITIONS

**SATURDAY 24TH FEBRUARY FROM 12PM
AT THE MINACK**

**TO REGISTER YOUR PLACE VISIT
WWW.MINACK.COM/TAKE-PART
OR EMAIL EDUCATION@MINACK.COM**
**PERFORMANCES
1ST-4TH SEPTEMBER 2024**



Words and music by David Wood
Based on the book by Ronda and David Armitage
A Minack Theatre production