

It's our last newsletter of 2023. I do hope everybody has enjoyed the massive Christmas festive performances over the last few weeks. A real highlight of my time at Alverton was the Concert at the Methodist Church on Monday. It was a wonderfully packed church and our children filled it with songs of hope and joy; thank you to everyone who joined us there. I also have to mention just how delightful our Key Stage One nativity was yesterday. Our children sang and acted and sparkled like professionals; once again thank you to everyone who came along. So as the term draws to a close, I'd like to thank everyone for being such a welcoming and kind community and wish you all a very joyous holiday and a calm and peaceful new year.

Simon Brown
Headteacher



Staffing Update

As some of you know, Mrs Hanley will be leaving at the end of term. We thank her for all her hard work and her dedication while she's been with us at Alverton and wish her all the very best for the future.

We are looking forward to welcoming some new staff: Ms Holliday will be teaching in Bosigran on Mondays and Tuesdays and we also welcome Miss Hook who will be working as a TA in our EYFS team.

Charity thank you

Many thanks to everyone who so generously gave a donation at each of our Christmas performances over the past two weeks. The total for Penhaligon's Friends was an amazing **£442.02** and we look forward to giving this to them towards their vital work in the new year.



Reminder

School and nursery finish for the Christmas holidays on **Tuesday 19th December at 3.15pm** (normal time). The Spring term starts on **Thursday 4th January 2024.**



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

FOAS fundraising

Thank you to everyone who bought Christmas cards and gift items through the Class Fundraising site. This raised over £400 for FOAS funds. Thanks for your support and we look forward to more fundraising in the new year.



Lost property box

The lost property box needs emptying and any un-named items will be taken to the charity shop at the end of term. If your child is missing something, please come in and check the box before 19th December.

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.

Menu change

Tuesday 19th December

Fish fingers and chips

or

Veggie nuggets and chips

Jacket potatoes will be available but **not** tomato pasta that day.



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

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Dot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



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: 13.12.2023

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:

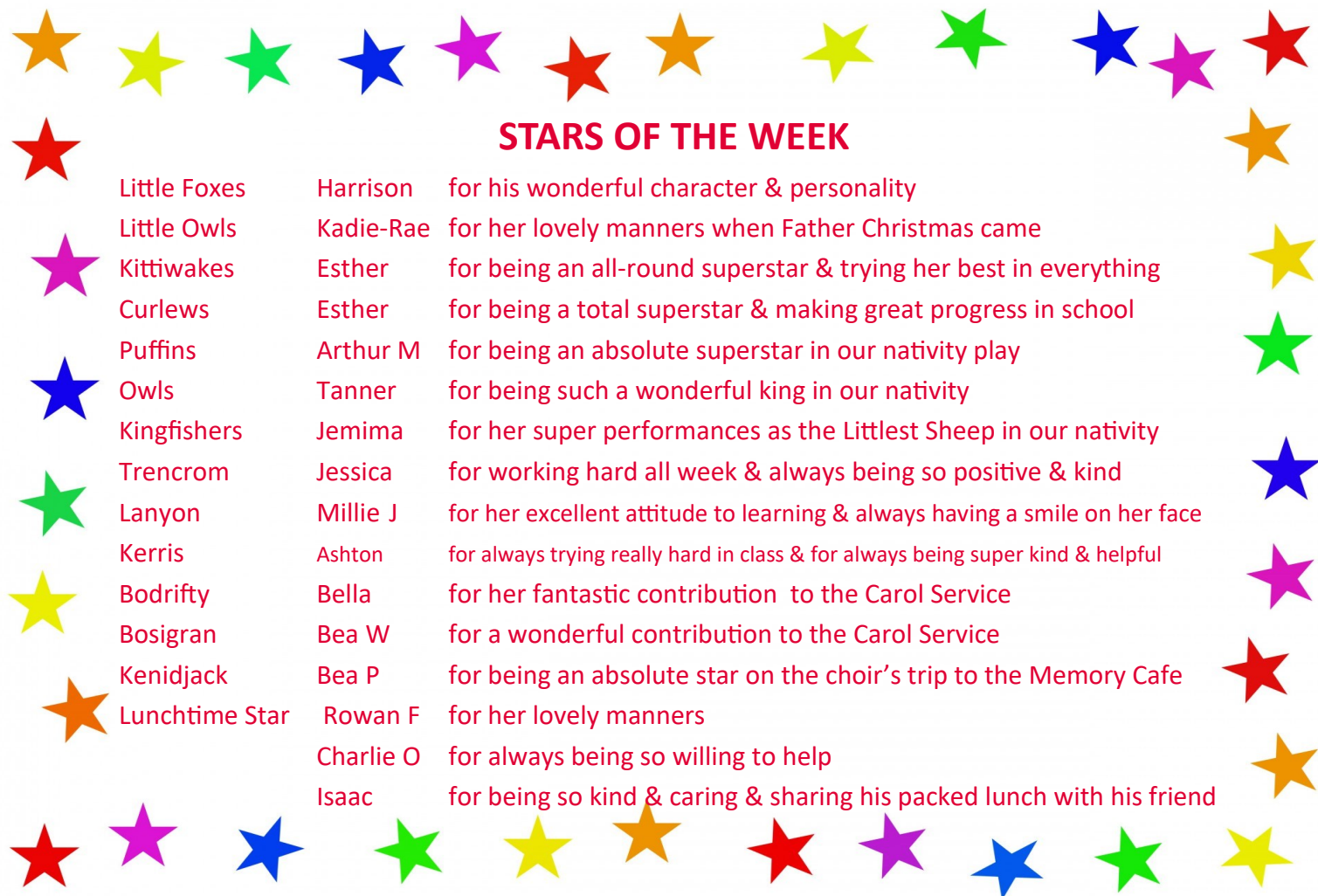
- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

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 | Harrison | for his wonderful character & personality |
| Little Owls | Kadie-Rae | for her lovely manners when Father Christmas came |
| Kittiwakes | Esther | for being an all-round superstar & trying her best in everything |
| Curlews | Esther | for being a total superstar & making great progress in school |
| Puffins | Arthur M | for being an absolute superstar in our nativity play |
| Owls | Tanner | for being such a wonderful king in our nativity |
| Kingfishers | Jemima | for her super performances as the Littlest Sheep in our nativity |
| Trencrom | Jessica | for working hard all week & always being so positive & kind |
| Lanyon | Millie J | for her excellent attitude to learning & always having a smile on her face |
| Kerris | Ashton | for always trying really hard in class & for always being super kind & helpful |
| Bodrifty | Bella | for her fantastic contribution to the Carol Service |
| Bosigran | Bea W | for a wonderful contribution to the Carol Service |
| Kenidjack | Bea P | for being an absolute star on the choir's trip to the Memory Cafe |
| Lunchtime Star | Rowan F | for her lovely manners |
| | Charlie O | for always being so willing to help |
| | Isaac | for being so kind & caring & sharing his packed lunch with his friend |

DIARY DATES

Monday 18th December 9am at the Savoy Cinema	Year 3/4 cinema trip
Tuesday 19th December 3.15pm	Last day of term for main school and Woodland Nursery
Thursday 4th January 8.25am	First day of Spring term for main school and Woodland Nursery

Today marks nearly the end of the Autumn term. It has, for me at least, flown by and I can hardly recall how new and tiny the children seemed way back in September. It all seemed so easy then, didn't it? Start school, settle in, all new beginnings, some excitement, some nerves. And suddenly we're in December, and half way through at that. The best bit for me, apart from the celebrations and all the fun they bring, is that it's nearly the winter solstice so it will soon begin to be lighter, and that's the part I love most of all. But it may not be all fun and good times. Christmas can be hard work, expensive and bring back memories we perhaps would rather not have. It's not perfect, no matter what others may try to indicate, children can (and do) get over excited, tearful, tired and grumpy. And as adults we're expected to always be there for them when we too may be struggling. If that's you, come and tell me about it. I may even manage to rustle up some mince pies. But a cuppa for sure. If I don't see you, take care, seasons greetings and I'll see you next year. Mrs Daylak xxxxx





The Humphry Davy Lantern Parade

Saturday 16th
December

The Humphry Davy Lantern Parade back for 2023!

Join us in celebrating the life and inventions of Sir Humphry Davy, Penzance's most famous son and inventor of the lifesaving Davy Lamp!

Keep an eye out for the giant Humphry Davy lantern and performances from the Big Dance Company, Penzance Morris and Bash Street Theatre... don't forget to warm up at the Turk's Head's for delicious mulled wine and chips!

A procession of lanterns created by the community starts at 4.30pm at the top of Causewayhead & ends outside Chapel Street Methodist Church at 6pm with entertainment until 7pm.

Kindly sponsored by Penzance BID
Image (c) Mike Newman