



18/10/24

FRIDAY NEWS

Nº 7

Dear Parents and Carers

This week started with an assembly looking at Neurodiversity. We heard from some very famous Neurodiverse people, who spoke about the things that they find challenging, as well as the strengths their Neurodiversity gives them. It was really interesting to see that not everyone experiences the world in the same way. We learned some strategies we could use to help someone if they need it and advice to help everyone feel included. We talked about the school values of respect and tolerance and how everyone needed to be treated with dignity, no matter what their challenges are.

Yesterday we celebrated my first Harvest Festival. It was so lovely to see the whole community come together and the children did such a great job with their readings and singing. We are so grateful for the donations that have been sent in. I will be collecting it all together with the Minsters on Monday and taking it down to the Food Bank together.

Kerris class had a fantastic time at Forest School this week, the weather could not have been more perfect! Next week it is the turn of Owls Class on Thursday. I will confirm next week when I have checked the weather.

Next week is diversity week in school, and Mrs Clemens and her team have worked hard to put together a plan for the classes to learn about another country and culture. They will come together at the end of the week to celebrate what they have learned about our wonderful world.

Have a great weekend!

Nichola Smith
Headteacher

School closes on Friday 25th October at 3.15pm for the Autumn half term holiday. There are two INSET days on Monday 4th and Tuesday 5th November and school re-opens from 8.30am on **Wednesday 6th November.**

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 cancellations

Advance notice

All teacher-led and hall based clubs will be cancelled next week on **Monday 21st, Tuesday 22nd and Wednesday 23rd October** due to parents evening. After school childcare will still run as normal.

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.

FOAS Halloween Disco - Wednesday 6th November

FOAS are holding a Halloween Disco on **Wednesday 6th November** (the first day back after half term). Times are as follows:

Reception and Key Stage 1 4.30-5.30pm

Key Stage 2 6-7pm

The cost is £1.50 to include a drink. All proceeds raised will go to FOAS funds. Fancy dress optional but please remember that young children may be scared by some costumes. The discos are for children only - parents do not stay. Please drop off and collect your child at main reception.



A big thank you and well done

This week Kittiwakes and Curlews took part in a Wheelathon and had a cake sale to raise money for new balance bikes. The children were sponsored by friends and family to cycle and scoot for half an hour and they did an amazing job! We raised a whopping **£601.15!** Thank you so much to all those who sponsored the Wheelathon, donated cakes and money, bought cakes, and those who even donated their no longer needed balance bikes! We are so very thankful for all of your generosity and extremely excited for the new bikes which will support the children's physical development and enrich their experiences in our outdoor area. Well done Kittiwakes and Curlews for raising such a fantastic amount of money!



Wanted for pre-school

Mrs Simpson would be very grateful for any of the following for our pre-school children:

- Dinosaurs
- Diggers or any construction vehicles
- Saucepans and cake tins
- Large kitchen utensils
- Farm set

If you could donate any of these, please could you give them to Mrs Simpson at the Nursery.

Many thanks.

Parents Evenings - next week

Booking for parents evening has now closed. If you have booked an appointment please come to the school hall a few minutes before your appointment time and your child's teacher will come to get you.

If you didn't book your own appointment via the school website an appointment time will have been made for you and has been sent to you via text.

If you are going to be unavailable to see your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.

DT Coaching Holiday Club - Monday 28th and Tuesday 29th October

If you would like to sign your child up for DT Coaching's Holiday Club, please see the letters that were sent out this week or see the attached letter. All payments should be made either online or cash which should be handed to the office by Wednesday 23rd October so your child is given a place.



Non-uniform day - in aid of the Fishermen's Mission

Friday 25th October

We'd like to raise money for the Fishermen's Mission by having a non-uniform day (wear something blue) for a donation (suggested amount £1) on Friday 25th October. Thank you very much for your support.



**THE
FISHERMEN'S
MISSION**

Hatchbox photos

If you would like to buy any individual or family photos, please use the codes you have been given by Hatchbox to log in and order them. The **deadline for orders is 20th October**. Any questions at all, please contact: hatchboxphoto@hotmail.com

Important information about school lunches

We have been advised by TPAT that we must change the way we ask you to book and pay for school lunches. This will now be online via the Aspens site 'Select'. To give us enough time to implement this, this will start after half term on **Wednesday 6th November**.

All parents will need to register on the Aspens Select site and will need to book and pay (if applicable) for lunches up to 9am on the day of the lunch. You will be able to book in advance for the day, week or month and add money if you need to, in advance, onto the Select site.

After half term, the children will no longer be asked for their order in the mornings in class, nor will you be able to pay online using the Schoolmoney system. Please do not add any money for school lunches in advance after half term to the Schoolmoney system.

All parents, including those with children on free school meals and in Reception, Year 1 and Year 2 (Universal Free School Meals), will need to book even if their child's meal will be free.

Please use the letter you have received to register as soon as possible. If you need a new letter, please contact the school office.

At least one parent in the household must register even if your child gets a free school meal. Even if your child always brings a packed lunch from home but they may want Christmas lunch, please register as you will need to book this online this year.

Until half term all ordering and paying will carry on in exactly the same way.

If you have any questions please ask Mrs Gill or Mrs Stacey at the office.

Thank you for your support with this.

ALVERTON
SCHOOL

FOAS

Halloween

DISCO

Wednesday 6th November

Reception and KS1

4:30 - 5:30 pm

KS 2

6:00 - 7:00 pm

Entry £1.50



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



0800 1111

0300 123 3393
www.mind.org.uk
mind
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



"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 & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@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: 16.10.2024

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	Marlowe	for always putting a smile on our face and for just being Marlowe	
	Little Owls	Freddie	for fantastic listening and learning our names	
	Kittiwakes	Aurora	Enthusiasm: for super enthusiasm & hard work in her Phonics	
	Curlews	Eden	Enthusiasm/perseverance: for working so hard in Phonics	
	Puffins	Kara	Responsibility: for solving problems quickly & sensibly	
	Owls	Georgie	Enthusiasm: for making such good progress in her reading	
	Kingfishers	Primrose	Enthusiasm: for being so enthusiastic about all her learning	
	Trencrom	Joshua	Enthusiasm/perseverance: for being extremely enthusiastic in Maths	
	Lanyon	Raya	Enthusiasm: for always producing excellent work in English	
	Kerris	Kea	Enthusiasm: for beautifully creative writing in English	
	Bodripty	Jack G	Enthusiasm: for fantastic contribution in class & sharing work in English	
	Bosigran	Benjamin	Enthusiasm: for fantastic writing in English this week	
	Kenidjack	Maksim	Enthusiasm: for great enthusiasm & knowledge about The Tudors	
	Lunchtime Star	Marissa	for always having super manners	
	Breakfast Club Star	Blake	for having good manners - always	

I had another chat recently with a grandparent who is finding that supporting parents and children is a challenge at the moment, for a range of reasons. I genuinely hope you all know it's the hardest job you will ever do. Yes, it's the most rewarding but it's relentless and there are times when you'll feel you don't have the energy or emotional strength to keep going. I promise you faithfully that I understand and have felt those times myself. Days when I didn't want to hang out with other parents, didn't want to talk about sleeping (or not), toileting (or not) or eating (or not). And I had days when I didn't think I was any good at it, when I felt judged and had to put on a brave face for others to see. And if I'm being perfectly honest, because I am, I **really really** didn't like the school run at all. I couldn't wait to get home and relax without feeling I had to put on a smile and make as if all was perfect all the time. So just to be clear, I really don't think parenting is easy. And no matter what you see all around you on social media or chat groups, no matter what other parents/ carers are posting, nobody has a great time all the time. It simply isn't possible. And if you want to come along and chat, weep, drink tea, eat biscuits, grumble, complain, be cross (yes, it helps sometimes to get it all out and in the open) then I can listen. I can make a hot drink too (I make a mean cuppa). NSPCC Support for Parents/Carers is a great website with lots of advice too. Give it a go (if you get the time) or I can look for you if you have something you'd like help with. Much love, Mrs D xxxx



DIARY DATES

Monday 21st - Wednesday 23rd October 3.30-6pm	Parents evening meetings All clubs CANCELLED on Mon-Weds
Friday 25th October	Flu immunisations - all main school years <i>This is opt in only</i>
Friday 25th October	Non-uniform day in aid of the Fishermen's Mission. Suggested donation £1 Wear something blue
Monday 28th October - Friday 1st November	Autumn half term holiday
Monday 4th - Tuesday 5th November	INSET days - school closed
Wednesday 6th November	School opens NEW SCHOOL LUNCH BOOKINGS BEGIN All clubs continue
Wednesday 6th November 4.30-5.30pm Reception & Year 1/2 6-7pm Year 3-6	FOAS Halloween Disco <i>£1.50 entry on the door</i>

Lost property

The lost property box (outside the side hall door) will be emptied on Friday 25th October and the contents taken to the charity shop. If you are missing anything, please check before then. Anything named will be given back to your child. **Please name all your child's clothing and belongings so they don't get recycled.**



Together 
for Families

The deadline for applications is **31 October 2024**

Transfer to secondary school

September 2025

Applying for a place in year seven at a secondary school



Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101



www.cornwall.gov.uk/admissions





CAPE CORNWALL SCHOOL

SUPER! SATURDAY

Years 4, 5 & 6

Saturday 19th October 2024 | 10.00 - 12.30

COMPUTER SCIENCE

Micro:bit games. You will learn how to use block programming to create some fun games on the micro:bit mini computers. We will start with the basics before building up to a version of the heads up guessing game and even virtual tug of war.

MIXED MEDIA ART

Get ready for a fun and exciting Mixed Media Art workshop! Come and experiment with different art techniques to create your own unique masterpiece. You will be guided step by step as you bring your imagination to life on the canvas!

EXCITING ENGLISH

Get ready to dive into the enchanting world of Harry Potter like never before! In this thrilling session, you'll explore the magical story, uncover secrets, and put your own twist on the tale. Then, let your imagination run wild as you design your very own wand, perfect for casting spells and creating new adventures. It's time to bring the magic to life – are you ready for the challenge?

MOVE & GROOVE: CONTEMPORARY DANCE

Join us for an exciting dance workshop where you'll learn cool moves and unleash your creativity! In the first session, you'll master awesome contemporary dance techniques and learn some fun phrases. Then, in the second session, we will get creative by learning a flowing contemporary dance routine. Get ready to move, groove, and have a blast!

POTATO PLASTICS

Get ready to become a science wizard as we turn ordinary potatoes into eco-friendly plastic! In this exciting investigation, you'll explore the fascinating world of materials and chemistry while creating your very own plastic from spuds. Are you ready to transform potatoes into something amazing?

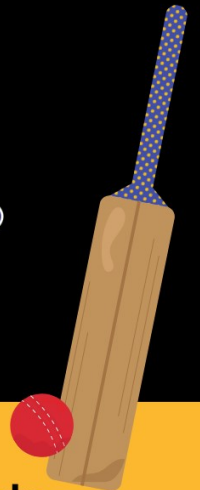




Softball and Hardball
CRICKET
HOLIDAY
CAMPS



CORNWALL CRICKET CENTRE
MONDAY 28TH OCTOBER
TUESDAY 29TH OCTOBER
WEDNESDAY 30TH OCTOBER
FRIDAY 1ST NOVEMBER



For dates and availability scan the QR code
or visit the website address below.

Limited Free places available for low income families
email admin@cornwallcricket.co.uk for details

cornwallcricket.co.uk/boys-girls/holiday-camps.html

FREE

CREATIVITY CLUB

FOR 7-11 YEAR OLDS

JUST TURN UP!

Every Monday 4-5pm

The Centre Newlyn

Supported by



**MINACK
THEATRE**

For more information email

education@minack.com