



Dear Parents/Carers

This week we focused on the importance of self-respect. We learned that it is often easy to be kind and thoughtful to others, but it can be very difficult to be kind to ourselves. We read the story of a little girl who was very supportive of her friends, but when she made a mistake was unable to accept that mistakes happen and she hadn't let anyone else down. We learned 5 top tips for respecting ourselves and improving our self esteem:

1. Try your best - give everything 100% - you never know unless you try!
2. Pitch in - we feel better about ourselves when we get involved, whether it's helping at home or school, it can make us feel great!
3. Have an 'I can' attitude - try and stay positive about trying something new, it's not 'I can't', it's 'I can't yet'.
4. Practice, practice, practice - practice makes perfect after all!
5. Make a list of all the great things about you - every day try and write or say something positive about yourself, you can ask others to help you think of things if you are finding it hard.

Today I had a Forest School session with Owls. They thoroughly enjoyed their hot chocolates around the fire circle, and I was very impressed with their dens! Now that all children have had one go (other than EYFS who will be later in the year), I will be asking teachers to sign up for their next session this term, please look out for the booklet in your emails to let you know when it is your child's turn.

Have a great weekend!

Nichola Smith
Headteacher

Payments

All payments for swimming, trips, residentials, breakfast club and after school childcare are now on Arbor. When you log in you will be able to see what you owe and pay this by card. Please check your account regularly.

School lunches will continue to be booked and paid for via the Aspens Select site.

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

Term dates 2025-26

Next year’s term dates were sent out via email earlier today. They are also available on the school website under Parents, Term Dates.

Club cancellation

Year 2 Art club on Wednesday 22nd January is CANCELLED. Please collect your child at 3.15pm.

Communications - please download the Arbor App

A big thank you to everyone who has signed up to use Arbor. We now only have a handful of parents who have not logged in yet. Please log into Arbor as soon as possible so that you will be able to receive communications and use our new payment system.

Please also download the Arbor App. We are now using this to send in app messages. These will replace texts which will be only used for urgent messages.

If you didn’t receive an email, please contact the office. Only primary guardians whose email addresses we have on our system will have received these.

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.

PZ YOUNG WRITERS' COMPETITION 2025

Geddon PZ has partnered with the Primary Tutor Project to launch a writing competition for local children aged 5-11. The winning story will be published in Issue 6 of Geddon PZ!

Geddon PZ is a free bi-monthly magazine about local life that can be picked up for free from supporting local businesses.

Local children are invited to write a creative story set somewhere in West Penwith. Callie has provided a free online writing lesson to guide you through the process of writing a story. Look out for places and characters you might recognise!

The theme is "Hidden Stories of Penzance."

It could be a mystery in Morrab Gardens, buried treasure beneath the Benbow, or a magical discovery on the Mount! Whatever you choose it must be set somewhere local to Penzance, the rest is yours to decide!

Terms & Conditions (The boring stuff)

- Stories will be judged on Characterisation, Plot, Originality, Language, and Enjoyment.
- 300 words or less
- Story must be an individual, original creation by the child, set somewhere in Penzance.
- Handwritten or typed
- Submit by 28th February 2025 to primarytutorproject.com/competition or scan the QR code



nicemoon.co.uk
primarytutorproject.com

PRIMARY
TUTOR
PROJECT

GEDDON PZ



Plan your story...

You must explore to find inspiration for a story. You can choose somewhere you know well, like the park or your school, or research and discover somewhere new!

You will need:
Pen or pencil
Paper or a notebook

1 The setting
Explore your setting and write down words that describe it.

Top tip: Use all your senses to help you.

What can you...
See?
Hear?
Smell?
Touch?
Taste?

For example, "dogs barking, rustling leaves, smoke wafting from chimney tops..."

2 Develop your Character
Who is your main character and what are they doing here? Think about their personality and appearance. Are they brave, scared, kind, evil, clever, arrogant, mischievous or sensible? What colour hair, eyes, skin do they have? What clothes do they wear?

Draw your character and make notes that describe them, and think about what sort of journey they will go on in your story.

For example, "a fearsome pirate with tattoos and a gold-toothed grin"

3 Planning your Plot
Scan to watch this video lesson from Callie to help you plan your story.



Alverton School and Alverton Woodland Nursery School Holiday Provision

We have spaces for you to book your child into our school holiday provision during the February half term at Alverton Woodland Nursery

Monday 17th February – Friday 21st February

Prices
8am-4pm £35

Options to book additional hours between
4pm-6pm (Late tea at 4:30pm)

Options to book a hot lunch £2.75 and/or tea £1.75
Healthy snacks provided within the sessions

If you wish to book a place or want to find out more information, please contact either Kayla Statham or Mrs Simpson via the nursery office or on 01736 351135

Payments will need to be paid prior to the sessions, as part of the booking terms.



Alverton School pupils only
Age reception to year 6



Reminder

New days for wearing PE kit

Tuesdays - Kingfishers and Kerris

Wednesdays - Puffins, Owls and Bosigran

Thursdays - Lanyon and Trencrom

Fridays - Kittiwakes, Curlews, Bodrifty and Kenidjack



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

What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JusTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call; exclusive stickers; a badge denoting them as a premium subscriber; and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact: this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what *is* and *isn't* safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justalk-kids>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.01.2025

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.

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:

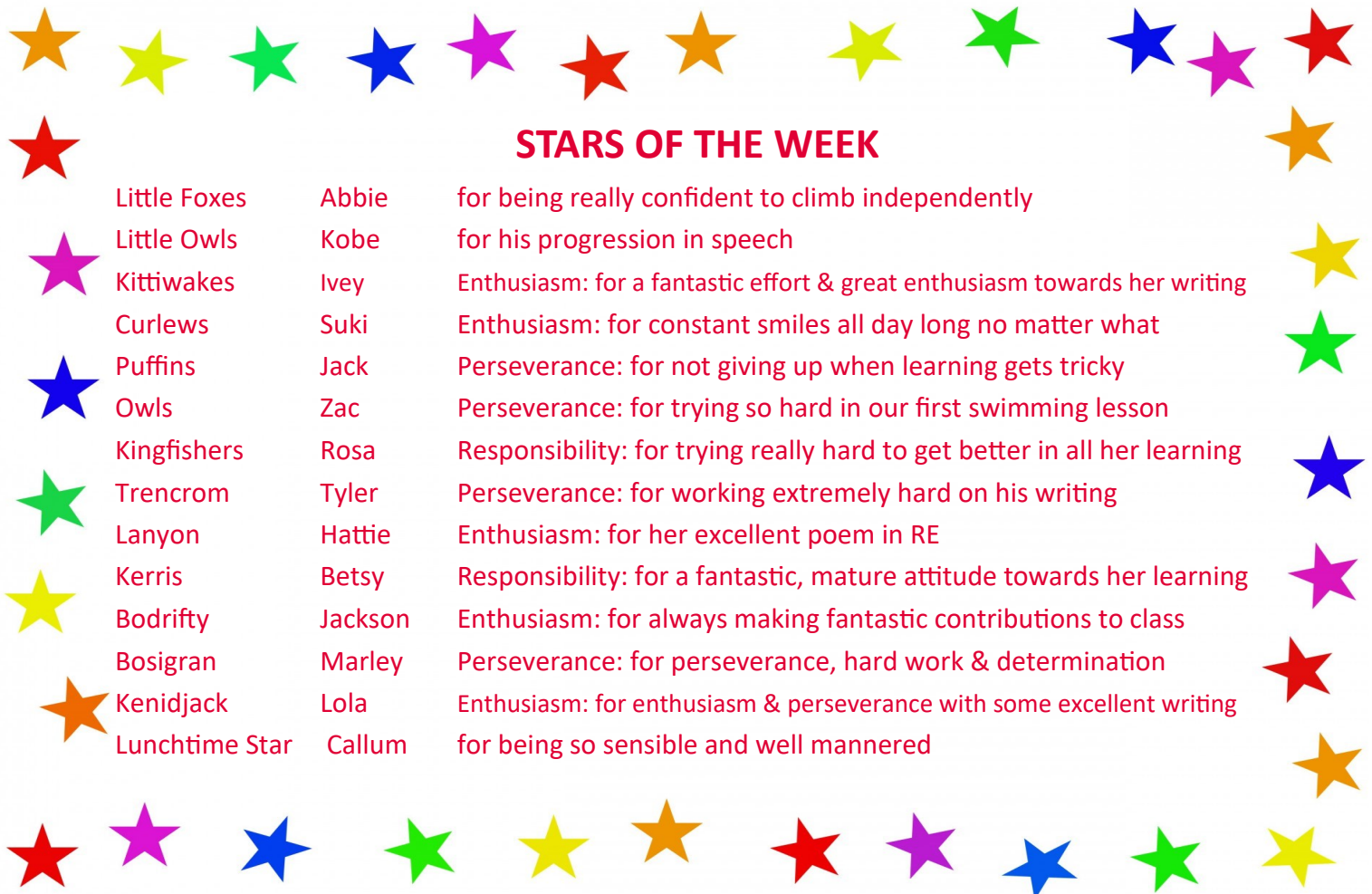
- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

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	Abbie	for being really confident to climb independently
Little Owls	Kobe	for his progression in speech
Kittiwakes	Ivey	Enthusiasm: for a fantastic effort & great enthusiasm towards her writing
Curlews	Suki	Enthusiasm: for constant smiles all day long no matter what
Puffins	Jack	Perseverance: for not giving up when learning gets tricky
Owls	Zac	Perseverance: for trying so hard in our first swimming lesson
Kingfishers	Rosa	Responsibility: for trying really hard to get better in all her learning
Trencrom	Tyler	Perseverance: for working extremely hard on his writing
Lanyon	Hattie	Enthusiasm: for her excellent poem in RE
Kerris	Betsy	Responsibility: for a fantastic, mature attitude towards her learning
Bodrifty	Jackson	Enthusiasm: for always making fantastic contributions to class
Bosigran	Marley	Perseverance: for perseverance, hard work & determination
Kenidjack	Lola	Enthusiasm: for enthusiasm & perseverance with some excellent writing
Lunchtime Star	Callum	for being so sensible and well mannered



As I write the weather has begun to get colder and I'm sorry to say that I'm loving it. I do like this time of year because the days are just beginning to get longer (though it does seem to take forever) and there are signs of spring all around, most notably daffodils peeping above ground and for sale in the florists. Though I'm shocked every year to discover easter eggs are for sale. If you have to read that sentence again, I'm sorry to say it's true. I even took a photo and sent it to my mother, though she wasn't in the least bit surprised. I want to shout out in frustration that we're still recovering from Christmas and New Year but I feel nobody would listen, least of all the shops who want us to go overboard again, fill us with more pressure to eat chocolate, hunt for eggs and eat hot cross buns. And this was still December! Hey ho. I sincerely hope the festive break was good, relaxing, fun-filled peopled with family and friends and lovely things. If it was, welcome back. If it wasn't, I'm sorry to hear that but as always, I'm also here to listen. Mrs D xxxxx



DIARY DATES

Thursday 23rd January

Reception Eden trip

Please return consent form & pay on Arbor

Monday 17th - Friday 21st February

Spring half term holiday