

Dear Parents and Carers,

A few weeks ago, we listed some of the ways in which we intended to help our families manage the current cost of living crisis. Most of these have now been put in place, including the removal of sandwiches from the school meal option to ensure that children are provided with a hot meal at lunchtimes.

I am pleased to be able to announce the launch of our Help Your Shelf service. This is situated in the school reception area and is intended to be available for any parent who would like to use it. The system is a very simple one: all of the items on the shelf are available for any parent to take if they need to.

There are no questions asked and absolutely no judgements made. Underneath the food shelves are rails of free, pre-owned, good quality uniform which is stocked by the Friends of Alverton School. There is no need for anybody coming into reception, who intends to use the Help Your Shelf, to report into the office staff. You can use this at any time of the day, not just when you drop off or collect your child.



If any parents find themselves in a position where they require additional support beyond that provided by the Help Your Shelf, please come and speak to us and we will do our best to help you.

These are difficult times for many of our families, and as a school we feel it is important to offer as much local support for our school community as possible. If you would like to get involved in supporting this project, we are accepting donations to keep the shelves stocked. The office will be pleased to accept them but this is completely voluntary and please don't feel under any obligation to do so.

Best wishes,

Martin Higgs  
Headteacher

### **Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

[head@alverton.cornwall.sch.uk](mailto:head@alverton.cornwall.sch.uk) 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](mailto:multiagencyreferralunit@cornwall.gov.uk)

### **Parent Governor**

We are currently looking for two parent governors to join our highly-regarded governing body. Please see the attached documents which give you all the information about standing for this position. The closing date is Thursday 8 December and, if you would like to talk to someone about what this role entails before then, please phone the school office who will be able to put you in touch with one of our governors. Thank you.

### **Tempest photos**

If you’d like to order any photos from Tempest please go online and order them by **Friday 2nd December**. They will be delivered back to school in time for Christmas.

### **Christmas lunch - Friday 9th December**

If your child would like a school lunch on 9th December you must return a slip to us, (with the money if your child’s meals are not free) by next **Tuesday 29th November**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.



### **Clubs**

**No Dance club this Friday or next Friday 2nd due to the hall being used for FOAS events.**

ALL clubs except KS1 Cycling, and Dance will finish by next Friday 2nd December.

The last KS1 Cycling will be on Wednesday 7th December and the last two Dance Clubs will be on Friday 9th December and Wednesday 14th (14th only will be 3.30-4.30pm)

A new clubs list for the Spring term will come home in January.

### **Christmas tree decoration**

Our Christmas tree arrives soon and will look very bare! Please could your child make a lovely decoration in the next two weeks and bring it in to the office so that it can be put onto the tree. Thank you.





## 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

## Judo success

Last weekend Alby in Lanyon attended his first National Judo event in Kettering. On Saturday, he weighed in and went and got a feel for the arena as it was massive! Sunday was competition day and Alby was very nervous! The other competitors made him look small! The starting age for this competition is 8 and Alby was only 8 two weeks ago! Alby lost his first fight but won the next two gaining a bronze medal in a Heat of 6 boys. He showed so much grit, determination and skill and his family are all really proud of him! Because he



earned a medal at a national event, Alby has been invited to train with the National BJC squad starting in January every 6 weeks in Tamworth with the potential opportunity to compete internationally. Many congratulations Alby.

# Squashbox Christmas Show



**Free to all children (Funded by Friends of Alverton School)**

**Friday 2<sup>nd</sup> December - Parents can attend after school for mulled wine, hot chocolate and cakes. Please bring cash!**

**Also on 2<sup>nd</sup> .....a visit to Santa. Tickets - £1.50 – please pre-book with the office. Limited tickets available.**





*Dear Parent/Caregiver,*

*Over the Christmas break children generally spend more time online and we'd like to help you keep them safe digitally by inviting you to an **Online Safety Webinar**.*

***You are invited to attend a FREE Online Safety Webinar***

*Hosted by the online safety experts at Natterhub, this webinar is a great opportunity to pick up tips that you can easily apply at home.*

*Attendance is completely free, simply watch LIVE on YouTube using this link (no login required).*

*Tune in **December the 1st at 7pm***

*Using the link <https://youtu.be/jyUj6zW55T8>.  
We'll post a reminder nearer the time so you don't miss out.*

**natterhub**  
preparing children to thrive online

# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



National Online Safety

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.11.2022

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](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](http://www.alverton.org.uk/website/pupil_premium/172518) or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs O'Rourke 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.

## DIARY DATES

<p><b>Thursday 1st December</b> 9.30am</p>	<p>Advent Service - school hall <i>followed by tea, coffee and mince pies for parents</i></p>
<p><b>Friday 2nd December</b> 3.15pm</p>	<p>Squashbox Christmas Show for pupils (in school time) funded by FOAS Refreshments for parents in aid of FOAS and a visit to Santa (limited tickets on sale at £1.50)</p>
<p><b>Wednesday 7th December</b> 9.30am and 4pm  Morning</p>	<p>EYFS Christmas Performance - school hall <i>Details to follow for EYFS parents</i>  Year 3/4 Cinema Trip <i>Please pay online &amp; return the permission slip</i></p>
<p><b>Thursday 8th December</b> 2pm and 6pm</p>	<p>KS1 Christmas Performance - school hall <i>Details to follow for KS1 parents</i> <i>Please can children attend <b>both</b> performances</i></p>
<p><b>Friday 9th December</b> 12pm</p>	<p>Pupils Christmas lunch <i>Please ensure your child's slip is returned by 29th Nov</i></p>
<p><b>Wednesday 14th December</b> 6.30pm</p>	<p>KS2 Carol Concert - Chapel Street Methodist Chapel - all welcome <i>Details to follow for KS2 parents</i></p>
<p><b>Friday 16th December</b> Morning  3.15pm</p>	<p>Year 5/6 Cinema trip—<i>please drop your child to the Savoy Cinema at 9.15am.</i> <i>Please pay online &amp; return the permission slip</i> School closes at 3.15pm for Christmas holidays.</p>
<p><b>Tuesday 3rd January</b></p>	<p>INSET Day - school closed</p>
<p><b>Wednesday 4th January</b> 8.45am</p>	<p>School opens for Spring Term</p>

## STARS OF THE WEEK

	Kittiwakes	Emilia	for amazing effort with your phonics & super Maths contribution	
	Curlews	Rosie	for your super hard work at home & school with your phonics	
	Puffins	Xavi	for a fantastic attitude towards learning this week & wonderful singing	
	Owls	Roisin	for being a magical Maths wizard	
	Kingfishers	Kea	for working so hard on his amazing Mary Anning information page	
	Trencrom	Elsie-Rae	for always working above & beyond & being such a lovely individual.	
	Lanyon	Archie	for making a huge improvement with his handwriting. Well done!	
	Kerris	Mani	for working his socks off all week & writing a super scary story	
	Bodrifty	Bea P	for always coming to school with a smile & putting 100% into everything	
	Bosigran	Darcey	for a fantastic attitude to all her learning	
	Kenidjack	Lily	for amazing SPAG knowledge	
	Lunchtime Star	Nico H-W	for his lovely manners & beautiful smile	

It's fast approaching, isn't it? Christmas. A time of celebration, extra financial costs, colder weather, family get-togethers, fun times, two weeks with children at home, shopping, buying gifts, a break from the school routine, juggling child-care arrangements, cosy fires, excitement, stress...take your pick. Any or all of this list? Some love it and consider it to be the best time of the year, others feel rather differently about it, it's all very personal to us as individuals and families too. Normally I love it though this year some things have changed considerably for me so I don't know how I will feel when it arrives properly. But I will have my back-up support if I don't feel great about it, family and friends, those still here anyway. So I shall make the best of it and hopefully enjoy it, but there's no guarantee. So, dust off your advent calendar, come and say hi to me or find someone to share that cuppa with. It'll make you feel better if you do. Promise. Best wishes as always, Mrs Daylak

**KEEP CALM**  
*Christmas*  
**IS**  
**COMING**

### LOST

Hollie in Trencrom has lost her bright blue cycle helmet. It is very distinctive with a shark on it. Please check at home and hand in if found. Thanks.

### Year 4 camp

If your child would like to go Bude next April the deposit of £30 must be paid online by 2nd December at the latest so that we can book them a place. If your child is eligible for Pupil Premium funding please contact the office.