

Dear Parents/Carers

What a week it's been!

On Wednesday and Thursday we managed our rescheduled sports days for KS1 and Reception. All children took part well and they were definitely spurred on by all the claps and cheers! Thank you so much to those that were able to come and support and make it a special event.

This week also saw two (very hot!) trips to the Eden Project for Years 3 and 4. The children attended a workshop on Ancient Greece and had some time to explore the biomes and nature's play area. All children were incredibly well behaved, despite the heat, and were great advocates of Alverton's values. Thank you so much to all the staff who helped make it such a special event.

Next week the warm weather looks set to continue. Please make sure your child brings a water bottle and sun cream to school. There is no need to wear ties next week. We will make sure there are plenty of opportunities to get outside to keep cool. Events next week include a swimming gala for Year 5/6, a trip to Jubilee Pool for Year 5/6 and the FOAS Summer Fair on Friday.

Have a great weekend in the sunshine!

Nichola Smith
Headteacher

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

Outstanding money owed

At present there are a sizeable number of debts owing for breakfast club, after school child care, trips and swimming. TPAT cannot allow any debt to be carried over to September and certainly none for anyone leaving the school. Please ensure that any money owed for any outstanding amounts are paid by **Tuesday 21st July** at the latest. Please check your Arbor account to see if you owe anything. All debts for lunches must also be paid on Aspens Select by the 23rd July.

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.

After school child care

There will be **NO** after school child care on the last day of term **Thursday 23rd July** for any children including Reception. Please collect your child at 3.15pm.



Our Book Buddy shelf in the reception area is overflowing with lovely books that would really love a new home! Please do come and take a look before the end of term to find some new and exciting summer reading!

FOAS Summer Fair

Friday 17 July – 2.30-4.30pm

Fantastic Raffle - please see the poster further on in the newsletter about the amazing prizes! More prizes gratefully received.

Raffle tickets - if you'd like to buy these (£1 per ticket) please bring the completed stubs and correct cash to the office. Would you like more to sell? We have plenty at the office.

Tombola - we would very much appreciate any good quality items for the tombola. Thank you.

Wristbands - now on sale at £3 per child (cash only please) This means your child will be able to take part in all the games and activities at the Fair. Please buy in advance if you can.

Pick up time - more information about where to collect your child if you are coming to the fair at 2.30pm will come out next week. The fair will run from 2.30pm to 4.30pm on the school field.

Thank you very much for your support.

Music lessons in September

If your child (from Year 2 upwards) would like to have music lessons in September, there are spaces available for guitar, drums, keyboard, singing and violin. Lessons take place during the school day, usually in the afternoon. For more information and costs, please contact the Cornwall Music Service Trust for guitars, keyboards, singing and drums. [CMST - Cornwall Music Service Trust](#)

For violin lessons, please contact Emma Stansfield by emailing violastansfield@gmail.com

Clubs

All clubs have now finished for this term apart from Annie's Art and pre-booked after school child care (none on 23rd July). Please collect your child at 3.15pm.

Sun hats and water bottles

Don't forget that your child needs a filled, named water bottle with them every day and if the weather is hot and sunny, please ensure they have a sun hat and have had sunscreen applied before school with a named bottle of sunscreen in their bag. Thanks.



Help needed!

A child in Puffins has gone home with 2 of the same shoes but they are different sizes. If your child also has two of the same shoes in different sizes, please speak to Miss Atkins. Thank you.

Lost property

The lost property box is nearly full again. Please check if your child is missing anything. Any unnamed items left at the end of term will be taken to the charity shop. **Please name ALL your child's belongings.**



Friday 17th July
2:30 to 4:30

Summer Fair

Included with your wristband...

- 🏃 Sports
- 💧 Sponge soaker
- 🎨 Crafts ✨ Glitter tattoos

🏰 Bouncy castle

🫧 Giant bubbles

🐭 Splat the rat

☀️ Cyanotype workshop

and more...

Cash stalls

cakes, ice lollies,
hot dogs,
tombola,
raffle

Wristbands
£3
from the
office

Raffle
with
fantastic
prizes!



Summer Fair 2026 Raffle Prizes



THE CORNISH DELICATESSEN

Penzance
HELICOPTERS



A scenic helicopter flight for two with **Penzance Helicopters**

Family day out (includes castle and island admission, parking and boat transfer) to **St Michael's Mount**

£50 voucher to spend at **Mackerel Sky**

£30 dinner voucher to spend at **The Honey Pot**

£25 voucher to spend at **The Cornish Delicatessen**

£25 voucher to spend at **Newlyn Fermentary**

2 x £15 vouchers to spend at **The Granary**

£20 voucher to spend at **Happy Dais Vintage**

£20 voucher to spend at **Join**

Hair goodies **Vivienne Johns Hair Stylist**

Pilates taster session at **Kate Newby Pilates**

Family ticket to a show at **Penlee Park Theatre**

Tickets to a show at **The Minack Theatre**

Pair of cinema tickets **Merlin Cinemas**

Poster from **Sea Moor Cornwall**

Seaweed Scrapbook from **The Gardeners' House**

Family swim voucher for **Penzance Leisure Centre**

Cream tea for two at **Rosemergy Barn**

9ct Opal Ring from **Radmore's of Truro**

£40 voucher for **Little Artists**

A massage at **Chy Bera**

Coffee and cake voucher for **Little Nook Cafe**

Tote bag from **The Morrab Library**

A massage at **Ocean Revive**

A handmade oil pourer by ceramicist **Mollie Milton**



Join
handcrafted



Gardeners' House
Celebrating our landscape and stories

St Michael's Mount

LEISURE CENTRE

Radmore's of Truro



Mackerel Sky
SEAFOOD BAR



The Granary
PENZANCE



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



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 Vryan 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.wcwaaid.co.uk/helpline>

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES

Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

 @wake_up_weds

 /www.thenationalcollege

 @wake.up.wednesday

 @wake.up.weds

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#WakeUpWednesday

The National College®

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.

STARS OF THE WEEK

Kittiwakes	Isabella	Enthusiasm: for maintaining a positive attitude
Curlews	Maisie	Enthusiasm: for writing an incredible story & making a book
Puffins	Ferman	Perseverance: for great sportsmanship at Sports Day
Owls	Mason	Perseverance: for his superb perseverance on Sports Day
Kingfishers	Sofia	Responsibility: for always exhibiting our school values
Trencrom	Arthur M	Respect: for being respectful to members of the public at Eden
Lanyon	Jaden	Respect: for being respectful to members of the public at Eden
Kerris	Joshua	Resilience: for having beautiful manners & working so hard at Eden
	Tegen	Enthusiasm: for always knuckling down & working hard
	Matilda	Enthusiasm: for great hyperbole writing
Bodrifty	Ruby	Enthusiasm: for being enthusiastic & hard working all the time
Bosigran	Chloe	Enthusiasm: for fantastic writing in English this week
Kenidjack	Benjamin	Responsibility: for being a good friend
	Archie	Enthusiasm: for his thoughtful contributions to class
Lunchtime Star	Charlie S	for always using such lovely manners
	Enzo	for always using such lovely manners

I've chosen to write in red because the temperature out there at the moment seems to suit the 'red hot' status. Is anyone else melting? Have you already done so? I feel as if I may disappear one day and all that will be left is a pool of liquid Mrs D, sizzling under my chair. Little helps, certainly not hanging out with small children, who can't bring themselves to take on board the sensible advice of staying still (yeah, sure!) And being calm (ha! No chance). Hot, bothered, tired, teasy, staying up too late because it's light and fun and the weather for evenings on the beach, grumpy tearful, argumentative....oh, sorry, I got carried away describing myself there. No, seriously, it's a challenge isn't it? Keeping small people calm, watered, relaxed and on an even keel when they are all of the above. And don't forget you too are possibly feeling frazzled and struggling to cope. My suggestion is to slow everything down. Don't move at the usual frantic pace you have. Take things more slowly, it will be easier for you and small children. Little breaks to chill will help. Pauses between the end of the school day and the start of the evening on the beach or in the garden. Time to mentally regroup, gather your thoughts as well as your barbecue, but do give yourself time. You cannot do it all. So don't even try. Certainly not in this heat. Otherwise you too may find you have melted. Come for a cold drink and a chat if you want to, much love either way, Mrs D xxx



It's too Hot to Work

DIARY DATES

Tuesday 14th July	Year 5/6 Jubilee Pool day
Wednesday 15th July 12.30-2.30pm	Year 5/6 swimming gala at Penzance Leisure Centre
Friday 17th July 2.30-4.30pm	FOAS Summer Fair
Thursday 23rd July 1.30pm	Year 6 leavers assembly
Thursday 23rd July 3.15pm	School closes for Summer holidays at normal time
Friday 24th July	INSET Day - school closed
Monday 27th July-Monday 31st August	Summer school holidays
Tuesday 1st September	INSET Day - School & Nursery closed
Wednesday 2nd September 8.30am	School opens for Autumn term
Monday 19th - Friday 30th October	Autumn half term holiday
Friday 18th December 3.15pm	School closes for Christmas holiday

Upcoming Fixtures

Wednesday 15th July

Year 5/6 Swimming Gala at Pz Leisure Centre
(12.30-2.30pm)

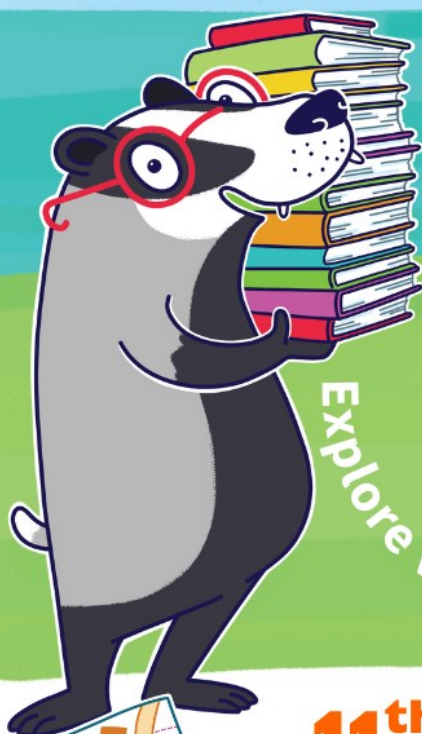




The Cornwall Reading Challenge

Extraordinary Explorers

FREE for children of all ages!



Explore with Cornwall Libraries this summer!

11th July - 12th Sept



Libraries

**GO
ALL
IN.**



£10
per
child

Summer Holiday Art Workshops

At Newlyn Art Gallery

Thursdays.....30th Jul,

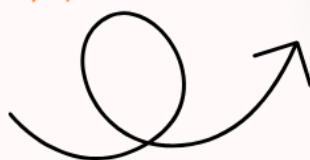
6th, 13th & 27th Aug

10:00-11:00 or

11:30-12:30

for approx
2-10yr olds

Book
Now!



Email Annie to book
newlynlittleartists@yahoo.com



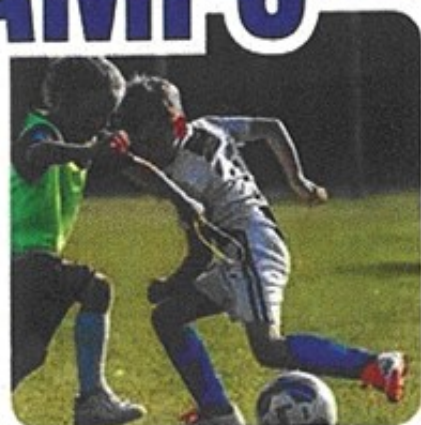
PENWITH
PLAYER
PROJECT

£18
per
session

SUMMER FOOTBALL CAMPS

For Boys &
Girls

AGES 7 - 12



28 Jul	29 Jul	30 Jul
4 Aug	5 Aug	6 Aug
11 Aug	12 Aug	13 Aug
18 Aug	19 Aug	20 Aug



9:00am-3:00pm



Penwith College
St Clare Street
Penzance
TR18 2SA

Register Now



penwithplayerproject@outlook.com



07850900706

KIDS SWIM LESSONS 1 WEEK INTENSIVE

IN THE GEOTHERMAL POOL
MONDAY - FRIDAY EVERY WEEK IN AUGUST

WWW.JUBILEEPOOL.CO.UK/CLASSES-LESSONS



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POOL