



Dear Parents and Carers

This week started with an assembly on tolerance and accepting differences. We watched a video from 'Kid president', who gave these 5 helpful tips for managing disagreements with our peers:

1. Remember, we are all people who deserve to be treated like human beings
2. Listen, listen, listen - you need to listen more than you speak
3. Pause, breathe, love - if you are getting cross, take a breath and speak respectfully
4. Distract - if it's not going well, make a joke, change the subject or walk away
5. Accept - remember, not everyone is the same as you, and if they were, the world would be a very dull place!

These were such great pieces of advice, and the children were able to give examples of times when they have had disagreements with people. We are so lucky to have such a wonderful and reflective group of children at Alverton!

Car park

With the weather turning, we have noticed an increase use of the school car park. Please note that the school car park is only for the dropping off children in the morning - please don't park in there. We have had a few incidences this week of staff being late into class as they are not able to park. Staff being in class on time is crucial for the wellbeing and safety of the children.

Forest school plea

Our sessions have been so lovely over the last few weeks! Next week it is the turn of Kerris class and I know they are keen to get started. If anyone is having a clear out and has anything suitable to donate to our various mud kitchens around the school, we would be very grateful! We would love anything metal or wood (saucepans, baking sheets, bowls, jugs, mashers, spoons etc). We would also be grateful for any old guttering, washing up bowls or plastic tubs for water play. Due to safety issues, we are unable to accept ceramics in case they get broken. Any donations can be left outside school and we will share them out.

Safeguarding

We have been reviewing our safeguarding procedures and are asking that parents do not go into classrooms unless accompanied by a member of staff, including at the end of after school club. This is not only for safeguarding reasons, but also fire safety as it is our responsibility to know who is on site at all times. Thank you so much for your understanding of this matter.

Have a great weekend!

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

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

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.

Clubs cancellations

Advance notice

Drama Club will NOT be on for Year 5 on Tuesday 15th October. Only Year 6 should attend.

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

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.

Lost

Two coats have gone missing in Puffins class. One is a black puffa style and the other is a green Mountain Warehouse one. Please could you check at home and hand in if found. Thank you.



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



Harvest Festival (Year 1-6)

We are delighted to invite you to our Harvest Festival on Thursday 17th October at 9.30am. Reception parents are welcome but their children will not be involved.

As part of this we will be supporting the CTIPA foodbank in Penzance with donations from our school community. We will be collecting from next week. They cannot distribute fresh food but anything else will be very gratefully received. Last year you were incredibly generous and we collected an enormous amount of food. This year, our help is needed as much as ever. If you would like to help, please send in your donations with your child from Monday. Thank you. We will also be serving coffee and biscuits after the service and all money donated will be given to the foodbank.

Hope to see you there!



Parents Evenings

Booking has now opened for parent consultations (a ten minute face-to-face meeting in school) which are being held in the week beginning Monday 21st October. **If you haven't yet booked your appointment time please go online and do so before the booking window closes on 16th October.**

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the and click onto the white log in button (next to the owl icon) in the red bar at the top of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

If you have had or will be having a termly SEND review meeting during the school day on the phone or in person with your child's class teacher, you may not wish to book another meeting at this time.

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.



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.

You should have received a letter this week with all the information you need to register. This can be done as soon as you like but please do not book meals before 6th November. If both parents need to be able to book lunches, you will both need to register.

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.



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

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

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

@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: 11.09.2024

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	Katie	for coming into nursery happily
	Little Owls	Erin C	for always helping her friends all the time
	Kittiwakes	Freddy	Kindness: for always being kind & checking your friends are OK
	Curlews	Lyncoln	Enthusiasm: for a fabulous piece of work all about your family
	Puffins	Esther L	Enthusiasm: for always being ready to learn & showing great listening
	Owls	Rex	Perseverance: for trying so hard with his writing this week
	Kingfishers	Callum	Enthusiasm: for great progress in his reading
	Trencrom	Rufus	Enthusiasm: for always applying himself to his work
	Lanyon	Rowan	Enthusiasm: for excellent writing about the Stone Age
	Kerris	Millie J	Enthusiasm: for working her socks off
	Bodrifty	Quinty	Perseverance: for always working extremely hard
	Bosigran	Charlie	Enthusiasm: for mastering new technology & his fantastic progress
	Kenidjack	Ava	Enthusiasm: for being an enthusiastic learner, a determined football & kind friend
	Lunchtime Star	Kaden	for his lovely manners

So I thought I'd surprise you with the following piece of information...ready? I can listen to anybody, parent, carer, mum, dad, grandparent...if you need a chat, come find me; it doesn't matter what your role is in the nurture and care of the children in our school, and it also doesn't matter if what you'd like me to listen to is about you rather than the child. I consider it a great privilege that I can (and do) listen to you and in turn you can expect confidentiality. So, on that note, this week I have found a section in a website just for grandparents because it occurred to me that of course parents are involved in raising children but so many other individuals are too, all the family, friends, teachers, the list could go on, and I'm sure it does for some of us. When my daughter was growing up the whole terrace was involved as all the children played together and all adults 'parented' all of the children. It worked really well too (I recall my husband coming home from work sometimes and finding the house filled with children who lived at other houses on the street who'd simply come to play). Anyway, the website is named below and if you would like to find out more you can access it simply by typing 'Cafcass grandparents' into your search engine. Or come find me and we can do it together. Or have a cuppa. Or just sit and be. I really don't mind.
Much love, Mrs D xxxxx



DIARY DATES

<p>Thursday 17th October</p> <p>9.30am</p>	<p>Harvest Festival in the hall</p> <p><i>Followed by coffee & biscuits in aid of the Foodbank</i></p>
<p>Monday 21st - Wednesday 23rd October</p> <p>3.30-6pm</p>	<p>Parents evening meetings</p> <p>All clubs CANCELLED</p>
<p>Friday 25th October</p>	<p>Flu immunisations - all main school years</p> <p><i>This is opt in only</i></p>
<p>Friday 25th October</p>	<p>Non-uniform day in aid of the Fishermen's Mission. Wear something blue.</p>
<p>Monday 28th October - Friday 1st November</p>	<p>Autumn half term holiday</p>
<p>Monday 4th - Tuesday 5th November</p>	<p>INSET days - school closed</p>
<p>Wednesday 6th November</p>	<p>School opens</p> <p>NEW SCHOOL LUNCH BOOKINGS BEGIN</p> <p>All clubs continue</p>

@ Newlyn Art Gallery £20 8-11yrs





Half Term 'Haunted House' Workshop

Email Annie to book
newlynlittleartists@yahoo.com





Weds 30th Oct
2.30-4.30

NO Parents Allowed!

Make your own haunted house & SpOoKy inhabitants!



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?



'FLYAIKU' WRITING



WITH THE POETRY POSTIE

A WORKSHOP FOR 8-11 YEAR OLDS
FRIDAY 1ST NOVEMBER
10AM - 12.30PM. READING ROOM AT THE MORRAB LIBRARY

Sally Crabtree, aka The Poetry Postie, will be stopping off at The Morrab Library on her rounds during the half term holidays. Poetry Postie delivers poetic inspiration with colourful, quirky, interactive performances exploring the notion of communication through poetry postcards, lyrical letters and singing telegrams.

In this family workshop, aimed at children aged 8-11, the Postie will also be helping participants to create a poetic post bag of Air Mail - crafting FLYaikus, haikus folded into paper aeroplanes. The session will end with words taking to the sky in a FLYaiku contest!

Children must be accompanied by an adult. Refreshments will be provided. Entry to this event is free but donations are welcomed to help support The Morrab Library (suggested £5).

Booking is essential: please email enquiries@morrablibrary.org.uk or call The Morrab Library on 01736 364474 to book a place.



FIND OUT MORE: morrablibrary.org.uk/events

SUPER 'AUTUMN' STORY TIME FOR 4-8 YEAR OLDS



WEDNESDAY 30TH OCTOBER
10.30-11.30. READING ROOM AT THE MORRAB LIBRARY

Autumn, Autumn, leaves falling, animals hibernating, wind whistling, Autumn, Autumn

Nature is changing with a blaze of colour before the winter months begin. Come to The Morrab Library to celebrate this spectacular time of year. Let's build an Autumn poem, create our own birds and make some feeders to decorate the trees around the library.

This workshop session will be led by Jak Stringer. Super Storytime is a journey for 4 to 8-year-olds but there will be refreshments for the grown-ups they bring along! Booking is essential so please let us know if you would like to come along so we can make sure we have enough cake!

All children will need to be accompanied by an adult. Entry to this event is free but donations are welcomed to help support The Morrab Library (suggested £5).

Contact us at enquiries@morrablibrary.org.uk or telephone: 01736 364474 to book a place. You'll find our beautiful library in the heart of Morrab Gardens.



FIND OUT MORE: morrablibrary.org.uk/events