

I very much enjoyed talking with our girls' football team this week. They had just returned from a match and were full of smiles and talked of how well the game went despite the heavy showers. They were a beacon of brilliance in the school; sharing positivity and enthusiasm for sport and reinforcing the importance of teamwork. It's great to know we have such positive ambassadors and a school that values everyone and the learning we do together.

Simon Brown  
Headteacher



## Date change

Due to circumstances beyond our control, the KS2 Carol Concert is now being held on **Monday 11th December** at 6.30pm at Chapel Street Methodist Chapel and not on Tuesday 12th December as previously advertised.

## Coats and wellies

As the weather is now getting much colder and wetter, please can you ensure that your child has a warm, waterproof coat with them every day and it is named. If they want to go onto the field they should also keep a pair of named wellies in school.

## Year 6 London trip & Year 5 camp 2024

A reminder that the next deposit for Year 6 London of £70 should be paid online **by 1st December** at the latest.

Anyone wishing to pay towards Year 5 camp next June may do so at anytime by going into the Schoolmoney payment site and paying any amount towards to the total. If the box is green you can change the amount.

## Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

[sbrown@alverton.tpacademytrust.org](mailto:sbrown@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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Clubs

Year 5/6 Art club is now running on a Monday for the rest of the month instead of Tuesday. Please see the letter that came home today for more details.

All clubs finish on Friday 1st December.

## 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.**

We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

If you prefer, you can buy a reusable bag for £1 and fill this with items from the shelf. Once you’ve bought your bag, you can fill it with as much as you want, as many times as you want. Whichever way you choose, the Help Your Shelf is available all day and you can pop in at any time.

## Miss Mason’s Magical Moments

Happy Friday! I don’t know about you but this week seems to have been a long one! I am back in school full time which has been a delight. This week, all children who have had outdoor learning have had the joy of meeting ‘Brog’ my Frog, who has been helping children from Year 1 up to Year 6 build habitats for frogs. We went through the lifecycle of a frog, their diet and what would be suitable habitats. It was wonderful to see how children from all ages approached the project, all with creativity and using prior knowledge. Don’t worry children, ‘Brog’ will return!

On the week commencing the 13<sup>th</sup> November if your child is in Puffins, Trencrom, Kenidjack or Bodrifty they will need their coats and wellies, and if possible, some joggers to keep them warm.





# ***ADULTS' QUIZ NIGHT!***

Test your knowledge, socialise & enjoy a soft/alcoholic drink  
Max team of 6 - Smaller groups/individuals can join forces!  
Raise funds for the school & meet others

***THURSDAY 16TH NOVEMBER***

***MAIN HALL***

***DOORS OPEN 7PM - QUIZ STARTS 7.30PM PROMPT***

***£3 PER PERSON ON THE DOOR***





## 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 & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

## WHAT ARE THE RISKS?

### GATEWAY TO GAMBLING?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life: children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

### ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

### PAYING TO WIN

In many popular games (the FIFA series being a notable example) microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

EXCLUSIVE CONTENT

### DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

### AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

### SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

## Advice for Parents & Carers

### DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

### CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and still not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

### (GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

### STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

### WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

## 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 techtabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National Online Safety®  
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

[@national\\_online\\_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.11.2023

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 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

	Kittiwakes	Kizzy	for being a kind & caring friend
	Curlews	Arthur	for super effort with your reading
	Puffins	Theo	for such a lovely autumn collage using textured paper
	Owls	Rex	for absolutely fabulous behaviour during our swimming lessons
	Kingfishers	Troy	for such super progress in reading
	Trencrom	Frankie	for working hard all week & being very helpful in class
	Lanyon	Hollie	for excellent progress in Maths
	Kerris	Paloma	for always working hard & contributing so much in lessons
	Bodrifty	Sonny	for working so hard in all areas & particularly in Maths
	Bosigran	Jai	for always listening & giving 100% effort
	Kenidjack	Amelia	for fantastic progress & top marks on her arithmetic paper
	Lunchtime Star	Hannah	for always being so polite & well mannered



I spoke to a lovely parent this week about parenting and we both agreed on one thing - how hard it is. Because it is. Really challenging. Nobody tells you about how hard it will

be when you tell them you're having a baby, you just find out yourself. I remember feeling as if I was constantly playing catch-up, and no sooner did I catch up with one stage of development and get my head around it than my daughter would motor off emotionally or physically in another direction and I felt as if I had to start again. So I really need you to know that I'm here, and you can talk to me and I will not judge or comment in any way (unless you ask me to). I need to know that you're all okay. Are you? Would you tell me if you weren't? It's really important that I know you will come if you need me, come and talk if you want to. If I can help you, I will. If I can't I will try to find somebody who can. You can be one of my parents or in somebody else's class., both are fine. You know where to find me...Mrs Daylak xxxxxxxx

**PK PORTHCURNO**

MUSEUM OF GLOBAL COMMUNICATIONS

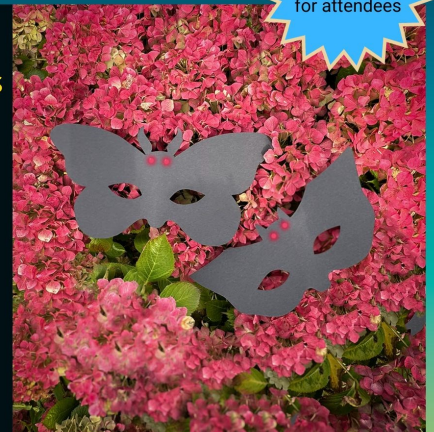
### Planet PK Champions

Saturday 18 November  
10:30 - 12:00

Free parking  
in our car park  
for attendees

#### Midwinter Light Up Masks

Join us for our last Planet PK Champions of the year and celebrate by making your own Midwinter light up mask whilst learning about the Valley's nocturnal creatures and the magical Montol festival.



Come and join our Planet PK Champions club!  
Regular members will receive a free members pack.  
Planet PK Champions sessions are free.  
Limited spaces- scan the QR code to book in advance.



→ [PKPorthcurno.com](http://PKPorthcurno.com)

[PKPorthcurno](https://twitter.com/PKPorthcurno) | [PKPorthcurno](https://facebook.com/PKPorthcurno) | [PKPorthcurno](https://instagram.com/PKPorthcurno)

## DIARY DATES

<p><b>Thursday 16th November</b></p> <p><b>7.30pm</b></p>	<p>FOAS Adults Quiz Night</p>
<p><b>Friday 1st December</b></p> <p><b>9.30am</b></p>	<p>Advent Service</p> <p><i>Followed by coffee and mince pies</i></p>
<p><b>Friday 1st December</b></p>	<p>All clubs finish</p>
<p><b>Wednesday 6th December</b></p> <p><b>9.30am and 4pm</b></p>	<p>Reception Christmas performance - school hall</p>
<p><b>Friday 8th December</b></p> <p><b>2pm</b></p>	<p>Nursery Nativity - main school hall</p>
<p><b>Monday 11th December - PLEASE NOTE NEW DATE</b></p> <p><b>6.30pm</b></p>	<p>KS2 Carol Service at Chapel Street Methodist Chapel</p>
<p><b>Thursday 14th December</b></p> <p><b>2pm and 6pm</b></p>	<p>KS1 Christmas performance - school hall</p> <p><i>Details to follow for KS1 parents</i></p> <p><i>Please can children attend <b>both</b> performances</i></p>
<p><b>Friday 15th December</b></p>	<p>Pupils Christmas lunch</p>
<p><b>Tuesday 19th December</b></p> <p><b>3.15pm</b></p>	<p>Last day of term</p>
<p><b>Thursday 4th January</b></p> <p><b>8.25am</b></p>	<p>First day of Spring term</p>
<p><b>Monday 15th January</b></p>	<p>Clubs start</p>
<p><b>Monday 12th-Friday 16th February</b></p>	<p>Spring half term holiday</p>