



17/10/25

FRIDAY NEWS

Nº 7

Dear Parents and Carers

What a wonderful last week we have had in school! Thank you so much to everyone who attended parents' evening this week. The feedback from both teachers and parents was very positive and it was so lovely welcoming you all in.

This week also saw the first netball match of the new league. I was lucky enough to be able to take them to Mounts Bay on Wednesday and was very impressed with their teamwork and resilience. All players played well, a special well done going to Violet who scored two goals!

This week we also sent the Year 5 children from Bosigran to perform at the Minack Theatre. The children not only performed brilliantly, but also set an excellent example in terms of behaviour. Thank you to Miss Jenkin for taking the time to rehearse with them and take them to perform.

Today is the last day of term and we now have the next 2 weeks off. This is something new that our Trust are trialling and you should have received a survey yesterday by email to gather thoughts and opinions as to whether it should continue. I hope you all have a restful holiday and I look forward to seeing you all for the Christmas term fun!

Nichola Smith
Headteacher

School closes today for two INSET days and the Autumn half term holiday. We will be closed for **two weeks**. School re-opens from 8.30am on **Monday 3rd November**.

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

Clubs

Clubs continue after half term from Monday 3rd November although **Year 4-6 Rugby** on Tuesdays has now finished. Some clubs will be continuing but with different children. Please check your clubs letter. **Year 1/2 Ball skills** now takes place on a Friday not a Tuesday.

New menu after half term

Aspens have a new menu starting on 3rd November and running until Easter. It was emailed out yesterday and one is also attached with this newsletter and can be found on the school website under Parents, What's on this term. Please don't forget to book your child's lunches on Aspens Select for the first week we are back. Meals cost £2.75 unless your child is in Reception, Year 1 or Year 2 or your child is eligible for free school meals.

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.

Autumn 2 – PE Days

from 3rd November to 19th December

Please can your child wear their school PE kit to school on these days:

| | |
|-------------|--|
| Kittiwakes | Friday |
| Curlews | Friday |
| Puffins | Monday and Thursday |
| Owls | Tuesday and Wednesday |
| Kingfishers | Wednesday and Thursday |
| Trencrom | Monday and Friday |
| Lanyon | Wednesday and Thursday |
| Kerris | Monday and Tuesday |
| Bodrifty | Tuesday (double session) |
| Bosigran | Tuesday (PE kit) and Thursday (outdoor clothes for forest schools) |
| Kenidjack | Monday and Tuesday |

Flu immunisation

If your child missed their flu immunisation today or you missed the deadline and would now like them to have this, please contact Kernow Health on **01872 221105**. There are catch-up clinics and you will be able to take your child to one of these as long as you have contacted them.

Sporting news

It's been a fantastic half term full of exciting and enriching sporting opportunities for the children across the school. Here's a look at what we've been up to:

Water Polo at Jubilee Pool

We were delighted to welcome British water polo coach Tim Kendall, who led fantastic water polo sessions at Jubilee Pool. He taught the children the rules, skills, and techniques of the sport, and they absolutely loved it! These sessions will resume in the spring, with children invited to take part once they reach swimming Level 6.



Tag Rugby with Neil Smith

Neil Smith from the Cornish Pirates has been working with our Year 5 and 6 pupils, delivering engaging tag rugby sessions as part of PE lessons and running an after-school rugby club.

Cross Country at Mounts Bay

A keen group of children from Years 4 to 6 took part in a cross country event at Mounts Bay. All of them did an incredible job, with several finishing in the top 10! Even more impressive was the determination shown by every single child, all of whom finished the race with a smile. We're so proud of them for giving it their all and supporting one another.



Lunchtime Sports Clubs

Our brilliant Sports Leaders have been running lunchtime clubs, leading exciting games such as mad hockey, dodgeball, and more. They've shown great initiative and leadership, and the clubs have been a big hit with pupils across the school.

Tennis with Penzance Tennis Club

After half term, we're kicking off a tennis programme in collaboration with Penzance Tennis Club. Pupils in KS1 and lower KS2 will each take part in four sessions, focusing on key tennis skills and movement.

We're incredibly proud of all the children for their effort, enthusiasm, and teamwork this half term. We're looking forward to even more sporting adventures as the year continues!



Halloween Disco

Thursday 6th
November



All proceeds to
Friends of
Alverton School

Reception
and KS1
4:30 - 5:30pm

KS2
(Year 3 and up)
6-7pm

Suggested donation
£2
Includes crisps
and a drink



A big thank you to everyone who came along to the Friends of Alverton School drinks this week – it was great to see so many faces and chat about all the lovely events coming up this school year. Watch this space for news!


Thanks also to the parents who have volunteered to help at the Halloween Disco. Your support makes these events possible!



All parents, grandparents, carers and staff are automatically members of Friends of Alverton School – and we'd love for you to get involved!

Whether you have time to help out, an idea to share, or just want to stay in the loop, we'd love to hear from you. There's absolutely no commitment – you can take part as much or as little as you like.

We have a friendly WhatsApp group where we share updates and stay connected. If you'd like to be added to the group or simply want to find out more, please get in touch with us at:

 friendsofalvertonschool@gmail.com



@ALVERTON_SCHOOL_FOAS

You can also follow us on Instagram...

 [@ALVERTON_SCHOOL_FOAS](https://www.instagram.com/ALVERTON_SCHOOL_FOAS)

Worried about your child's mental health?

***Come along to our mental health coffee morning hosted by Early Help
Penwith***

**Monday 10th November 9:30-11:30 St Johns
Hall, Penzance**

**Meet with other parents/carers and have a chat with our
friendly guest professionals from:**

CAMHS

Mental Health Support Team

Education Inclusion Outreach

Targeted Youth Worker

Family Workers



No need to book, please just pop in on the day ☺



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 MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website

@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: 15.10.2025



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

| | | | |
|--|----------------|------------|---|
|  | Little Foxes | Fynlay | for building great friendships and being an all round lovely boy! |
| | Little Owls | Albie | for increased confidence & always being so happy |
|  | Kittiwakes | Lilly | Enthusiasm: for an amazing attitude towards all her learning |
| | Curlews | Charlie | Enthusiasm: for constant enthusiasm for all aspects of school life |
| | Puffins | Stanley | Kindness: for playing so beautifully alongside your friends |
|  | Owls | Ava-Grace | Perseverance: for always giving 100% |
| | Kingfishers | AJ | Responsibility: for always doing his best in his lessons |
| | Trencrom | Nico | Respect: for always being respectful & putting 100% into everything |
|  | Lanyon | Isla M | Enthusiasm: for always being a fantastic helper |
| | Kerris | Freddie KE | Enthusiasm: for always making fantastic contributions to our learning |
| | Bodrifty | Afia | Enthusiasm: for fantastic Maths work |
|  | Bosigran | Tyler B | Enthusiasm: for working extremely hard in Maths this term |
| | Kenidjack | Cassia | Kindness: for being a caring friend & looking out for others |
|  | Lunchtime Star | Otis | for his exceptional manners |



Half term has arrived, and with it lovely warm weather and an extra week. Is that good news or not? If you want to head off somewhere and you can find the time and money then great, it'll be fabulous, for some of you it may be a major feat of organisation; who will look after the small people while the big ones are working? What will they do with themselves? How much will it cost? You may be excited at the thought or feeling quite stressed at the mention of time away from school. Some children dislike the break from structure and routine, others may well thrive. Those that thrive may find it challenging to return. Trust me on this though, those adults who post (because they do) the perfect photos of the perfect holiday with perfect sunshine and perfect children will only share those moments. They won't post (I know I wouldn't) the less than perfect times. We choose to share the positives and hide the less than perfect moments away from the public eye. But these are the best. These are the moments that make you stronger, the ones that bond you as a family (though you won't feel it at the time) and trust me again, we all have these times. If you need to share those less than perfect times, if the thought of half term being even longer than usual makes you want to weep then come and tell me all about it. It's fine. I've been there. And don't even mention the weather.....goodness knows what that will be like....Mrs D xxx

DIARY DATES

| | |
|--|--|
| Monday 20th & Tuesday 21st October | INSET Days - school closed |
| Wednesday 22nd - Friday 31st October | Autumn half term holiday |
| Monday 3rd November 8.45am | School opens Clubs continue |
| Tuesday 4th November | Swimming starts for Kerris - Group 2 |
| Wednesday 5th November | Swimming starts for Kingfishers |
| Thursday 6th November Reception & KS1 4.30-5.30pm KS2 6-7pm | FOAS Disco |
| Friday 28th November | Clubs finish |
| Monday 1st December 9.30am | Advent Service <i>Followed by coffee & mince pies</i> |
| Tuesday 9th December 9.30am and 2pm | Reception Christmas performances |
| Wednesday 10th December 2pm and 6pm | KS1 Christmas performances |
| Thursday 11th—Friday 12th December | Year 4 Christmas sleepover at St Ives |
| Friday 12th December 2pm | Nursery Nativity |
| Wednesday 17th December 6.30pm | KS2 Christmas Carol Concert at Chapel Street Methodist Chapel |
| Friday 19th December | Pupils Christmas lunch School closes for Christmas holidays (normal time) |

Family Morning

Saturday 1st November

10.30am - 12.30 pm

at

The Jackson Foundation Gallery

Free event for all ages

Create a pop-up bird card and find out more about the beautiful birds around us in Cornwall.



Art activity

Nature games

JacksonFoundation

North Row | St Just | TR19 7LB

info@kurtjackson.com jacksonfoundationgallery.com +44 (0)1736 787638

**PEARL OF AFRICA
CHILD CARE**

THE PEARL OF AFRICA CHILDREN'S CHOIR UK TOUR

**SINGING SO
OUR FRIENDS
CAN GO
TO SCHOOL**

Your local concert:

**Humphry Davy School
Wednesday 5th November
Starts 6:30pm**

Tickets available on the door
Suggested Donation Adults £5 Child £3

Find us on:



WWW.PEARLOFAFRICA.ORG.UK/INDEX.PHP/DONATE

Tel: 07563 618823

Email: dave@pearlof africa.org.uk

UK registered charity number: 1122809



October Half term 2025



Open to
Members and
Non-Members

Monday 27th October

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | Friday |
|---|--|---|--|---|
| <p>9:30-10:30am Busy Bees £6</p> <p>11-12pm Family Fun £7 per child adults go free!</p> <p>7:00pm-9:00pm Adult gym £14</p> | <p>9:30-10:30am Busy bees £6</p> <p>11-12pm Family Fun £7 per child Adults go free!</p> <p>12-1pm Open Gym £6</p> <p>2-3pm Obstacle course fun £6</p> <p>3-4pm 5-6yrs Parkour</p> |  <p>9:00am-3:00pm Holiday Club Halloween special £35</p> | <p>9:30-10:30am Busy bees £6</p> <p>11-12pm Family Fun £7 per child Adults go free!</p> <p>12-1pm Ninja Warrior £6</p> <p>1-2pm Parkour Tricks £6</p> <p>6-7pm Open Gym £10</p> | <p>9:30-10:30 Busy bees £6</p> <p>10:45-11:45 Open Gym £6</p> |
| | | | | Saturday |
| | | | | <p>9:30-10:30 Family Nerf wars £4 per person</p> |



Together for Families

The deadline for applications is
31 October 2025

Transfer to secondary school

September 2026

Applying for a place in year seven at a secondary school



Information and guidance

Application form and information: www.cornwall.gov.uk/admissions
Telephone: 0300 1234 101



www.cornwall.gov.uk/admissions

