

13/10/23

FRIDAY NEWS

Nº 6

It was lovely this morning to welcome so many of you into our school to enjoy the singing at our Harvest Festival. The children were amazing and their voices were delightful. It was especially great to meet so many of you after the singing and enjoy a coffee and cake together.

I'd also like to say a big thank you to everyone who has managed to stay so positive about the timetabled school gate opening and closing times. I do know that for some of you it has meant a change to your evening or morning routines and want to thank you all for supporting us with this. It is lovely to know we can all put children's safety first.

Simon Brown
Headteacher



Thank you

A big thank you to everyone who donated and came along to the Harvest Festival this morning. We have lots of boxes of food to take to the local Food Bank next week. We also raised **£93.70** for the CTIPA Foodbank by selling coffee and cakes. Thank you very much to all the parents that donated and to all the staff who brought in a cake.

A reminder that no dogs are allowed on the school grounds, even if they are carried. This is for health and safety reasons. Thank you for your support.



INSET Days - Monday 30th and Tuesday 31st October

Don't forget that school will be **CLOSED** on Monday 30th and Tuesday 31st October (the first two days back after half term) due to staff training days. Woodland Nursery and pre-school will be also be **CLOSED**.

Remember – safeguarding is everyone’s responsibility

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

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

Club cancellations - next week

All the following clubs will be **cancelled** next week due to parents evenings:

Monday 16th - KS2 Football, KS1 Dodgeball/Nerf

Tuesday 17th - Y5/6 Art, Y3/4 Art, Y5/6 Dodgeball/Nerf

Wednesday 18th - Drama, Y3/4 Sewing, KS1 Boys Football

All other clubs will run as normal next week.

Flu immunisation - all years

If you would like your child immunised and haven’t yet applied, please go online by midday on Wednesday 18th October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

Date of Visit: Friday 20th October

School Code: EE142240

Link: <https://www.kernowimmunisations.co.uk/Forms/Flu>

Tel No.: 01872 221105

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.

FOAS Halloween Disco - Thursday 2nd November

FOAS are holding a Halloween Disco on **Thursday 2nd November** (the first Thursday back after half term). Times are as follows:

Reception and Key Stage 1 4.30-5.30pm

Key Stage 2 6-7pm

The cost is £1.50 to include a drink. All proceeds raised will go to FOAS funds. Fancy dress optional but please remember that young children may be scared by some costumes.

Volunteers are needed to run the event. Please let Veryan or Adele in the office know if you will be able to help. Thank you.



SUPER SATURDAY



If you are in Years 4,5 or 6, join us for a morning of fun

Saturday 14th October

between 10am and 12.30pm.

[Click this link](#) to choose from:



Tiny Terrariums

Make a terrarium in a jar which you can take home with you.



Whizz Bang Ooooo

Celebrate the science of the Autumn season learning about fireworks and all things spooky and slimy.

Pneumatic Monsters

Make a Pneumatic monster in Design Technology!



Micro:bit reaction games

Use coding microcomputers to make some reaction test games.

Cape Active

Burn of some energy in some Cape Active Sports





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

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



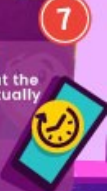
6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



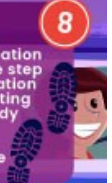
7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-5647006> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/press-engage/how-talk-your-children-about-conflict-and-war>

NOS National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@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: 11.10.2023

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. 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:

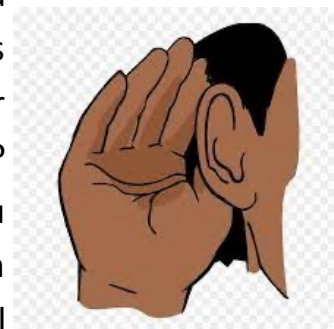
- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

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.

The weeks have flown by and suddenly we find ourselves on the verge of the first break, which is both superb and terrifying because, as I've mentioned before, I'm shattered and so are the children, but also the year is whizzing past. Are you shattered? Are you keen for a break or daunted by it all? Have you got anything that's worrying you? Anything I can help with by listening? I can come with you while you chat to your child's class teacher and be an extra pair of ears, I can listen to you by myself, I can do whatever you want if it helps. I'm all ears. Literally. Oh, and tea. Or coffee. And biscuits for sure... Mrs Daylak xx



Reception and Year 6 school health screening

All parents of children in Reception and Year 6 have received an email with a link to information about school health screening for their child. The links can also be found below. You do not need to do anything if you are happy for your child to have health screening done in school. **If you do not wish your child to take part in any or all of the health checks in school you must opt out by following the links.**

Reception **Year** - <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-reception-year/>

Year 6 - <https://www.healthycornwall.org.uk/make-a-change/child-health-programme-year-6/>

Visit a National Trust place for free this autumn



National Trust

Take a stroll surrounded by colour, spot wildlife and connect with nature when you escape into autumn. Experience the awe of the season at places in our care by claiming a free, single-use pass to use between 18 September and 20 October 2023.

https://www.nationaltrust.org.uk/visit/escape-into-autumn?fbclid=IwAR2ae1J7YnajFimRRUQRgJyZQbzjLCnr_qvrUvYR-SniARrovl4BQrJSdho

DIARY DATES

Monday 16th-Wednesday 18th October 3.30-6pm	Parent consultations <i>No teacher led or hall based clubs</i>
Monday 23rd-Friday 27th October	Autumn half term holiday
Monday 30th and Tuesday 31st October	INSET Days - school closed
Friday 1st December 9.30am	Advent Service <i>Followed by coffee and mince pies</i>



MUSEUM OF GLOBAL COMMUNICATIONS

Planet PK Champions

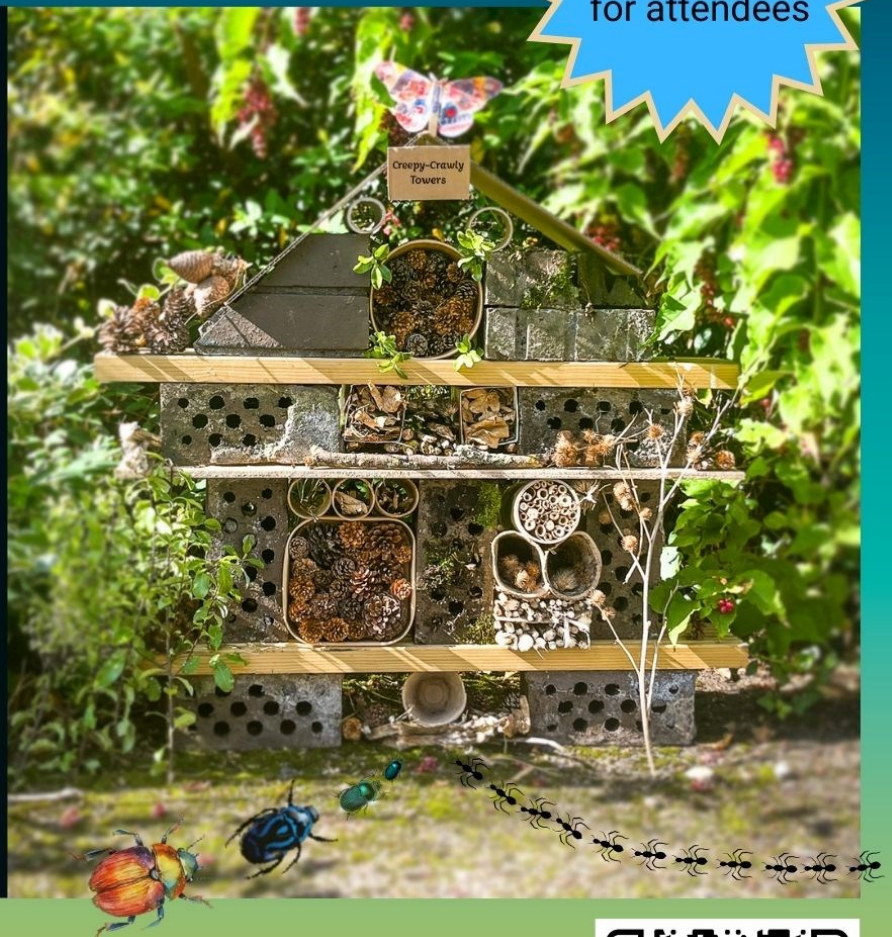
Saturday 14 October
10:30 - 12:00

Free parking
in our car park
for attendees

Creepy Crawly Towers

Join us to create a bug hotel for PK's tiniest residents to provide a home for them over the winter.

Explore which creatures we might find staying there.



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

[PKPorthcurno](#) | [PKPorthcurno](#) | [PKPorthcurno](#)

FOOTBALL CAMPS OCTOBER HALF TERM



Camp Dates

Monday 23rd October
Wednesday 25th October
Friday 27th October

Soccer Tots (3-6yrs)

Reception & Year 1
10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days

Soccer Pros (7-13yrs)

School Years 2 - 8
10am - 3pm

£15 per day | £25 for 2 days | £35 for 3 days

Venue

Mounds Bay Football Development Centre
Mounds Bay Academy Sports Centre, Penzance, TR18 3JT

Other Info

All children are welcome to attend from any school or club
The MBFDC coaching staff are UEFA / FA qualified & DBS checked

Register

Pre-booking only, register & book online
Visit the website for further information!

Website link - www.mbfdc.co.uk

