

There is lots of evidence to suggest that caring for plants can do wonders for your wellbeing – it is certainly very calming. Gardening is purposeful and can create a real sense of achievement. Even if you don't have a garden, a pot or two on your windowsill can have a similar effect. Gardening can be hard work and so is good exercise and can help you keep fit and healthy. This is what some of our more enthusiastic gardeners have to say about it.

Daisy's Diary

Some seeds have popped up already for our school gardens! I always get things growing in the greenhouse rather than put seeds down because the slugs just devour them, every one. Unless they are the seeds Mr Dawe put in the wildlife garden that time - I'm not sure if they were magic seeds or Mr Dawe is magic. The greenhouse at school did well but always looked like it had been slightly sat on and I never managed to get the door on so it just blew merrily around at the weekends. During the great lockdown clear out it ended up in the skip and so this year I'm starting things in my greenhouse at home. There isn't enough room for them with the chickens, the guinea pigs, the guinea pigs' salad bar and the banana bike shed plants so I've pre-planned and made a couple of cold frames out of some windows and my neighbours shower screen. I still get such joy out of seeing the seeds pop up - the best ones are the big broad beans that grow satisfying quickly (although mine don't grow like Ruby's from Kingfishers - I suspect Mr Dawe had sent her one of his magic seeds).

We've included Daisy's Diary on this page this week but it is a regular feature of the Friday News, and always has lots of information about gardening, nature and wildlife. It is also guaranteed to make you smile!

Miss Ching: My favourite hobby is gardening. I find it very relaxing and love looking at all the different colours that come out throughout the year. Lots of my plants have been gifts from friends and family or even cuttings from their gardens which makes it extra special.



Mr Dawe: I've always loved growing fruits and vegetables principally because I'm a big fan of eating them! There is nothing quite like growing and harvesting your own for great-tasting, fresh, healthy produce. I think gardening has many other health benefits too as you get plenty of fresh air, exercise and a sense of being in touch with nature that feels good for the soul. I love this time of the year especially when I'm busy getting ready for the growing year ahead. It is a time of hope and optimism!



Mrs Daylak: My garden is tiny but my little oasis of calm where I can sit outdoors in all weathers and listen to the sounds around me, watch out for all manner of mini beasts, look up at the sky, talk to neighbours. Being in my garden makes me feel happy, calm, peaceful and rested. I like to plant seeds and watch them appear. I love looking for signs of spring at this time of year and know that the warm weather is on its way. I have lots of plants for all different times of year, plants that like shade, plants that love sunshine. I have daffodils, tulips, a tiny pond, tall trees, tiny weeds. I love it all.



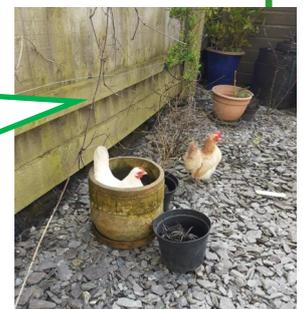
Mrs England: I love my garden! Watching plants come back to life from their winter's rest, sowing seeds and seeing the miracle that happens when they grow and enjoying the huge variety of colours and shapes are all so wonderful and exciting. I love it when birds and insects come and share it all with me. I am so looking forward to it being colourful and vibrant again this year.



Mrs Whipp: I love gardening. It is relaxing, rewarding and one of the best ways to enjoy watching something grow and be successful. One of my favourite things is growing organic fruit and vegetables but also encouraging and supporting the wildlife. I have hedgehogs, frogs, badgers, bats, newts and ladybirds as well as numerous birds visiting regularly which brings me so much pleasure.



Mrs Hanley: Here in the Hanley household we do gardening a little differently ... instead of growing flowers this year we are growing animals! For best results simply put fresh compost into your desired pot, sprinkle in seeds, cover and within minutes feline or fowl will be attracted to the location and will proceed to take up residence. NB Remember to feed and water your animals for the best bloom.



Mrs Wicks: I especially like pots of plants and having colour-themed flowers in these each summer. I happily potter around deadheading, weeding and tidying. This year's highlight so far has been finding a hibernating hedgehog, which was a bit of a surprise! After a disaster with runner beans a couple of years ago, my next challenge is to see if I can grow anything that is fit to eat.



Miss Roberts: I like to garden to grow my own vegetables. It's good for my health because they are organically grown and also it's great exercise digging over the veg patch. I look forward to seeing the first seeds sprout but the best bit is eating your own home grown produce. Home grown sweetcorn is my favourite!



Mrs Hall: March is my absolute favourite month of the year. The dark days are beginning to lengthen out and brave little bulbs poke their heads out of the cold earth to brighten up the barren ground. I always forget what I've planted (and often that I planted anything at all) so it's always a lovely surprise when the spring flowers burst open with their jolly colours and nodding heads. Spring is on its way and just in the nick of time!

Miss Hooton: I have thoroughly enjoyed planting some daffodils and primroses in my front garden last week. I love gardening and find it a very satisfying and enjoyable thing to do. There is nothing better than transforming an old bush or hedge into a beautiful new bed of flowers! Here is a picture of all the things I have planted. Why don't you give it a go yourself? It really is very refreshing and pleasurable too!



Mr Higgs: There is something fundamentally satisfying about growing plants, especially from seed, and about gardening in general. I particularly like the fact that there are no real deadlines to meet and the pace of a day spent gardening is entirely dependent upon how you feel and how often you feel like stopping to admire your efforts with a cup of tea and a biscuit (or two!).

Weekly Wellbeing!



Five Ways to Wellbeing

Over the past few weeks, we have been thinking about the Five Ways to Wellbeing and about how they can have a positive impact on our mental health and wellbeing. Thank you to everyone who has sent in a photo showing what they've been doing for this—here are some of them!



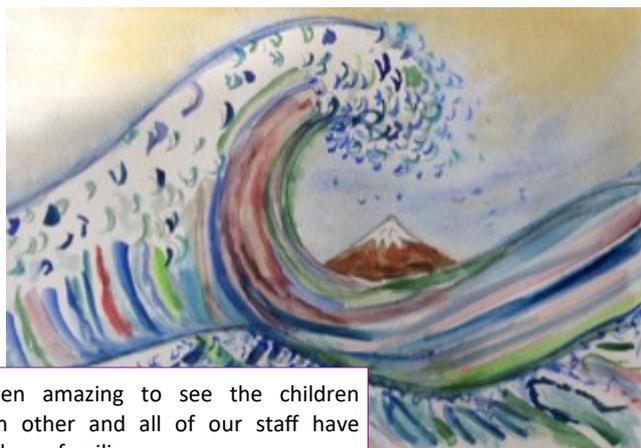
Be Active - Everyone has enjoyed being back at school and keeping very active throughout the day, whether walking to and from school, playing with friends in the playground, mad hockey, fun in classes and great PE lessons with Mr T! Mrs O'Rourke has been keeping active with an early morning sea swim.

Keep Learning - Back at school everyone has enjoyed their new topics, new routines and being back learning to gather again. Here is a photo of Annie in Bosigran learning all about our bones.



Take notice - So many people have sent in such beautiful pictures of where they have stopped to 'take notice'. Here is Mrs Wicks's photo of one of her many beautiful walks that she enjoys. And Ella and her friends in Owls have enjoyed walks around the school grounds, taking notice of the beauty surrounding us.

Give - Jacob, Eva and Otilie ran a mile every day in February, raising £1, 920 for Action Cerebral Palsy.



Connect - It has been amazing to see the children 'reconnecting' with each other and all of our staff have enjoyed reconnecting with our families.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at head@alverton.cornwall.sch.uk 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

Scooters and bikes

We love the fact that many children scoot or cycle to school but please ensure that your child gets off their scooter or bike at the school gates and pushes it round to park it for safety reasons. We have had a number of incidents when collisions have been narrowly avoided. Thank you for your support.

Payment for school lunches

Unfortunately due to the amount of debt being built up for school lunches to Caterlink we now must ask that if you are paying for your child's lunches **we cannot allow you to be in arrears by more than one week (5 days lunches) which is £12.** Please ensure that you pay whatever is owed by the Friday of the week your child has lunches. **If you have not settled the debt by the following Monday the kitchen staff will not be able to let your child have a meal and you must send your child in with a packed lunch from home until payment is received.** The school office will contact you if your child has not brought in a packed lunch and will ask you to bring one in. Lunches cost £2.40 per meal and can be paid in cash or cheque payable to 'Caterlink'.

Coronavirus symptoms

The main symptoms are:

A high temperature (hot to the touch on chest or back)

OR

A new, continuous cough (coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)

OR

A loss or change to your sense of smell or taste (you've noticed you cannot smell or taste anything or things smell or taste different to normal)

If you or your child have any **ONE** or more of these you must get a COVID-19 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

Wanted

Our younger children have run out of underwear to change into if they need to. If you have any unwanted, good quality pants, socks or tights (aged 4 up to aged 7) that you could donate to Reception/Year 1 & 2 please bring them to the office. Thank you very much.



Easter Holiday Club

Tuesday 6th - Friday 19th April 9am-1pm

Go Active will be running a Holiday Club for four days in the first week of the Easter holidays for Years 1-6. These will be run in three separate Key Stage bubbles and will abide by all school and Government guidelines so that provision is Covid-safe.

Activities will include Nerf Wars, Ultimate Frisbee, Street Surfing, Dodgeball, Archery and Crossbow, Bubble Football and more.

Children in receipt of Free School Meals (not Universal) can access this provision **for free**. All other children will cost a discounted daily rate of £10. Please complete the attached sign up form or ask for a paper copy from the office. Please complete and return with the payment in cash by Thursday 1st April at the latest.

Summer Sports Club after Easter

Go Active are able to run after school sports clubs for three bubbles on three separate days after Easter for half a term. There will be only 18 spaces per group and the cost will be £10 for 5 weeks payable in advance to Mr Timmons.

KS1 - Mondays 3.15-4.15pm

LKS2 - Tuesdays 3.15-4.15pm

UKS2 - Wednesdays 3.15-4.15pm

If your child would like to take part, please complete the appropriate form attached to this newsletter or ask the office for a paper copy and return it with the payment to the office as soon as possible. Places will be allocated on a first come, first served basis and you will be notified by text if your child has a place.

These will start the week commencing Monday 26th April (the week after we start back after the Easter holidays).

After school childcare provision with Go Active will continue as normal every day. To book please contact Mr Timmons on 07843 126833.



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

for better mental health

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-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

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.

ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

citizens
advice

0344 411 1444

"It's alright to
ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.



NATIONAL DOMESTIC
VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL
FREEPHONE

WCWAid

West Cornwall Women's Aid

01736 367539

<https://www.wcwaaid.co.uk/helpline>

AT HOME
SHOULDN'T
MEAN AT RISK

#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible.

Cornwall Council are continuing to process new applications for Free School Meals. Please ensure that you read the eligibility criteria before applying and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), 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

However, you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.

STARS OF THE WEEK

Choughs	Leo	for his amazing confidence with his reading & writing all week
Robins	Darcy	for her happy attitude to school - always smiling no matter what
Puffins	Sasha	for her hard work & being such a wonderful, kind, sweet young lady
Owls	Alfred	for exceptional hard work in writing this week
Kingfishers	Mani	for super progress with his reading this week
Trencrom	Alarna	for amazing writing in her rainforest explorer story & being a wonderful listener
Lanyon	Megan	for working so hard writing her rainforest story - fantastic writing
Kerris	Katie	for putting so much effort into improving her handwriting this week
Bodrifty	Phoebe	for a fantastic attitude to all her work & working so hard in lockdown
Bosigran	Callum	for always having such a positive attitude towards his learning
Kenidjack	Bea	for some top marks in Maths this week & picking a cracking football team
Dinnertime	Charlotte	for being so kind and helpful at lunchtime
	Ashton	for his healthy meal choices



Hi all, it's me again. It seems we are a hardy bunch, either coping very well or simply being very brave. I feel that personally I have a foot in both camps with a toe dipped into "I'm really tired and want my mum" too. Hopefully I will soon get to have a cuppa with my mum, and possibly even see a friend in person. Won't that be amazing? To actually spend time with a pal, in real life? I almost can't remember what that feels like, but I do know I am very much looking forward to it. If you can't wait that long, if your friends and family are far away, if you just want to chat, you know where I am. It's all confidential, it's all fine and there is no judgement. Because we all need someone who will listen to us. If you would like that person to be me, just ask. Best wishes, Mrs D xx



Thank you

A very big thank you to everyone who made a donation to Comic Relief today. We had a lovely time not having to wear uniform and raised over £200 for this very worthy cause.

**COMIC
RELIEF**

Lost

Elise in Lanyon has lost her school skirt. It is named. Amelia in Bodrifty has lost her black coat with a white fleece lining, M&S brand.

Please check at home and hand in if found.