



6/9/24

FRIDAY NEWS

N^o. 1

Dear Parents and Carers

What a wonderful start to the term it has been! I want to start by saying a huge thank you to you all for your warm welcome to the school. The children have been just fantastic. They have been so smiley and friendly and have enjoyed showing me where everything is and helping me to get to know them better.

I have spent the week getting to know the pupils, staff, systems and routines and am very excited about both mine and the school's future. I am very keen on developing strong relationships with our families and, once I am more settled, I am hoping to arrange some times for you to come and meet me if you wish to. If you have a concern that is more urgent, I am always happy for you to arrange to come and meet with me to discuss things further. You can contact the office, or email me directly on nsmith@alverton.tpacademytrust.org.

In our welcome assembly this week, we talked about our motto 'Together We Learn' and discussed ways we could show perseverance, responsibility, respect, kindness and honesty in our school. These qualities help us to be great learners, friends and members of our community and I have certainly seen these demonstrated as I walk around the school.

Classes in the main school have been busy learning about their new topics. To help keep you informed about what they will be learning, we have updated our website to include this term's curriculum planners. You can find them by going to 'Learning', 'Curriculum 2024 - 2025' and selecting the relevant phase.

The nursery have had a great time welcoming their new starters into the setting. If you would like to know more about the learning that is taking place in nursery, you can go on the nursery page of the website which is full of information on our nursery curriculum.

I hope everyone has a fantastic weekend, and I will look forward to seeing everyone on Monday.

Best wishes

Nichola Smith
Headteacher

Alverton Primary School's production of



Wednesday 21st May 2025 at 6.30pm
Thursday 22nd May 2025 at 6.30pm

Music and Lyrics by
Richard M Sherman and Robert B Sherman
Music by Special Arrangement with Sony / ATV Publishing
Adapted for the Stage by Jeremy Sams
Based on the MGM Motion Picture
Licensed Script Adapted by Ray Roderick

This amateur production is presented by
Music Theatre International
All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

School lunches

School lunches are now paid online (£2.65) on the Schoolmoney website. Please do not send your child in with cash. You can pay in advance if you wish but you don't have to. You will get a reminder text on a Friday with how much you owe but you won't get one if you've already paid.

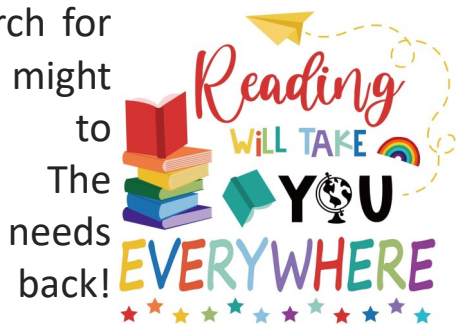
The new Aspens menu can be found on the school website under Parent Pages, What's on this term or you can ask for a paper copy from the school office.

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

Library books

There are still lots of library books that have not been returned. Please check at home and have a good search for any that might belong to school. The library needs them back!



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

Clubs lists have now come home and all clubs start from Monday 16th September **not** next week.

Your club list will be returned to you by next Friday to let you know which clubs your child has a place on.

For Extreme Ball Sports with DT coaching please go onto their website and pay. You do not need to wait until the club form comes back to you.

Any other clubs that require payment must be made by the first club or your child will not be able to start.



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

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

18
CENSORED

DAINGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With over 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also suggests their videos to others and enables anyone to download or comment on them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £9.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability –

MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then turn on restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.



READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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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.

DIARY DATES

Monday 16th September	All clubs start
Tuesday 17th September	Swimming starts for Kerris Group 1
Wednesday 18th September	Swimming starts for Year 6 intensives
Tuesday 1st October	Year 6 taster day at Humphry Davy
Thursday 3rd October	Year 6 taster day at Mounts Bay
Tuesday 8th October	Hatchbox individual & family photos (main school)
Thursday 17th October 9.30am	Harvest Festival in the hall <i>Followed by coffee & cake in aid of the Foodbank</i>
Monday 23rd - Wednesday 25th October 3.30-6pm	Parents evening meetings
Monday 28th October - Friday 1st November	Autumn half term holiday
Monday 4th and Tuesday 5th November	INSET days - school closed
Wednesday 6th November	School opens for second half of term. All clubs continue

Outstanding money owed

There are a number of children with outstanding debts from July. These must be paid immediately as no debt can be carried forward to the new school year. Please go onto your Schoolmoney account and check if you owe anything.

LATE SUMMER OPEN DAY

The Community Garden Saturday 7th September 11AM - 4PM

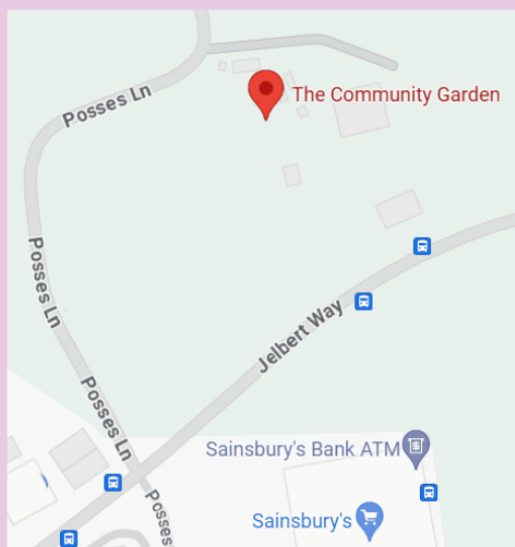
A Fun-Filled End-of-Summer Celebration with Growing Links

Delicious Food: Pizza, fresh salads, jam & scones, tea, coffee, and botanical cordials.

Entertainment: Singing, storytelling, and meditation sessions.

Creative Activities: Wreath & wand making.

Market: Bric-a-brac, flower & herb bundles available.



07979 120 909
hello@growinglinks.org.uk
What Three Words
Protest.Kitten.Cookie



GROW WITH US
EAT WITH US
GIVE WITH US

The Community Garden,
Poses Lane, Gulval
TR18 3FJ

1091