

I am really looking forward to our Harvest Festival next week. We've been practising songs all term and the singing is sounding wonderful. It's a delightful thing to see children joining together as a community of singers with one voice and a sound to inspire smiles and warmth in any audience. I do hope you can join us next Friday 13th for the full family assembly. The doors open at 9.20 and there's even the offer of a cup of tea or coffee and a piece of cake at the end in support of the CTIPA foodbank. Please see the information later in the newsletter. Come along and enjoy the festival with us all.

School Uniform

Thank you to everyone for ensuring their children are in proper full school uniform. Children are looking smart and feeling like they are part of the school.

As a reminder,

- All items of jewellery, apart from watches, should not be worn.
- For safety reasons, only stud earrings may be worn.
- Long hair should be tied back
- Hair bands should be black or neutral coloured and without attachments (big bows or stick up ears)

Shoes and laces should be black and with a low heel

You can find up to date details on the uniform on our website:

<http://www.alverton.org.uk/web/uniform/86630>



Simon Brown

Headteacher

Individual and family photos

Hatchbox Photographers will be in school on **Monday 9th October** to take individual and family photos. If you have siblings at our nursery and/or at secondary school and would like them photographed together, please come to reception and queue up in the hall from 8.30am. Children with siblings in the school will be photographed together during the day.

Please ensure your child wears their smartest uniform that day.

REMINDER - the new opening and closing times for the school gates start next Monday 9th October. Please leave the site as soon as you have dropped off or collected your child. All late children should come into school via the office. Thank you.

Time	Field Gate	Main Side Gate	Notes
7.30 to 8.45	Open	Open	Both gates open at the start of the day for ease of access and early drop off.
8.45	Closed	Closed	Both gates close as school day starts. Late arrivals for school sign in as late through the school office.
9.00	Closed	Open and Closed	The main side gate is opened briefly for parents dropping off at nursery. The gate is locked directly after parents have dropped off.
3.00	Open	Open	Gates open for home time at the end of the day.
3.30	Closed	Closed	Gates closed to ensure all after school club children are safe and secure on the school premises.
4.00	Closed	Open	For parents to collect children from 'After School Club' and any other school clubs
5.15	Closed	Closed	Closed at end of 'After School Club' - all children in nursery collected from main nursery reception door.

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

Clubs

Drama Club will NOT be on for Year 5 only next Wednesday 11th. Only Year 6 should attend.

ALL clubs, apart from Netball, French and Tennis will be cancelled on Monday 16th, Tuesday 17th and Wednesday 18th October due to parent consultations. Clubs on Thursday 19th and Friday 20th October will run as normal.

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.

Parents Evenings

Booking has now opened for parent consultations (a ten minute face-to-face meeting in school) which are being held in the week beginning Monday 16th October. **If you haven't yet booked your appointment time please go online and do so before the booking window closes on 4th October.**

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the and click onto the white log in button (next to the owl icon) in the red bar at the top of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

If you have had or will be having a termly review meeting during the school day on the phone or in person with Mrs Hughes and your child's class teacher, you don't need to book an appointment through the eschools system.

Reception and Year 6 school health screening

All parents of children in Reception and Year 6 should have received an email this week 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/>

Harvest Festival

We are delighted to invite you to our Harvest Festival on Friday 13th October at 9.30am.

As part of this we will be supporting the CTIPA foodbank in Penzance with donations from our school community. We will be collecting during the week beginning 9th October. They cannot distribute fresh food but anything else will be very gratefully received. Last year you were incredibly generous and we collected an enormous amount of food. This year, our help is needed as much as ever. If you would like to help, please send in your donations with your child from 9th October. Thank you.

We will also be serving coffee and cake after the service and all money donated will be given to the foodbank.

Hope to see you there!



Miss Mason's Magical Moments

As I write this the sun is shining and Autumn has truly begun. Each lesson I have taught in the last few weeks has been unique and exciting. In KS1 we have been looking at the seasonal changes through leaves changing, and in LKS2 we have been looking at the importance of food chains and recognised the importance of creatures like the humble worm!



In other news, Morrab Library in Penzance will be giving away trees to plant in your homes on Friday 27th October. The best thing is that they are totally free! So go and grab one for your home and see the wildlife creep in. It is meant to be a bright and beautiful weekend, so I hope you all have a lovely weekend. Miss Mason Xx



It's Friday and I'm suddenly shattered, despite not working full time anymore, though the more I ponder how tired I feel the more I realise something rather shocking. We've been back at school for 5 weeks! 5!

Where did that go? How do you feel? Has it flown by? Has it dragged? Have you enjoyed your days without children or been too busy to notice? And how do you feel about the pending half term break? You all know by now my stance on this, that some of you love it, some of you don't. And all of your feelings are valid, no matter what they are. Are you worried about it, or excited, or feeling stressed? Would it help to come and chat? It could be about anything, there are so many potential worries out there for all of us right now, that I don't quite know where to start listing them. So I won't, because it might make us all feel really sad/fed up/grumpy. Suffice to say, here I am. You know the drill. The stuff about tea and biscuits. The most important thing is to talk, share, listen. It works. Mrs Daylak xx

The deadline for applications is **31 October 2023**

Transfer to secondary school

September 2024

Applying for a place in year seven at a secondary school



Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

www.cornwall.gov.uk/admissions



Coats and wellies

Now that the weather is getting cooler, please remember that your child needs to have a named coat in school every day.

If your child would like to go onto the field to play they will need a pair of named wellies in school.

LOST

Tyler, in Kenidjack, has lost his brand new school hoodie, aged 12-13 and is named. Please check at home and hand in if found.

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!

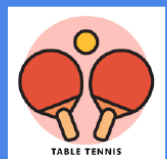


Micro:bit reaction games

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

LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU.'

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND. YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National
Online
Safety®

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.02.2020

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.

STARS OF THE WEEK

	Little Foxes	Alfie	for super settling in & growing in confidence
★	Little Owls	Suki	for her enthusiasm & growing in confidence
★	Kittiwakes	Tilly f	or always being incredibly polite & kind & for following our class rules
★	Curlews	Ebony	for being so lovely & kind to everybody in class
★	Puffins	Georgie	for sharing her wonderful knowledge of habitats with the class
★	Owls	Bowen	for demonstrating an incredible enthusiasm for learning this week
★	Kingfishers	Kiera	for her super attitude to all her learning
★	Trencrom	Nessa	for sharing fantastic ideas & working hard
★	Lanyon	Chloe	for always listening, being super helpful & ready to learn
★	Kerris	Marley	for his enthusiasm for outdoor learning & always making us smile
★	Bodrifty	Layla	for her fantastic enthusiasm in all she does & sharing her brilliant ideas
★	Bosigran	Harris	for his great contributions to class discussions
★	Kenidjack	Logan	for a brilliant start to Year 6 - trying hard in lessons
★	Lunchtime Star	Arthur S	for always using beautiful manners
★	Lunchtime Star	Rosie	for always using beautiful manners

DIARY DATES

Monday 9th October	Individual & family photos <i>Family groups - please queue from 8.30am</i>
Friday 13th October 9.30am	Harvest Festival <i>Followed by coffee and cake in aid of the Foodbank</i>
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>