



21/10/22

FRIDAY NEWS

N^o. 7

Dear Parents,

The first half of the Autumn Term is now complete and it finally feels as though things have returned to the pre-Covid normal for the first time since the Spring of 2020. By normal, I of course mean that everything in school is moving at 100mph and the staff are all shattered! This has been a really productive term in classes across the school with children having settled into their new classes brilliantly and teachers planning and delivering high quality lessons covering everything from fronted adverbials to Mary Anning and the Dinosaurs (a great name for a band?).

We were pleased to be able to hold our first face to face parents' evenings for over two years this week. Thanks to all of you that attended these and gave us such positive feedback on how highly you and your children value their time with us and how appreciative you are for the dedication and commitment shown by our team.

Thanks to everyone who also supported the return of the Harvest Festival celebrations in school, either by attending the event or by sending in contributions. We were able to send a huge quantity of food to the Food Bank last week, as well as over £100 raised by the tea and cake event which followed the service.

On this note, we are very conscious that, in line with millions of others across the country, many of our families are facing extremely difficult circumstances as a result of the cost of living crisis. Indeed, as a school, we have had to raise our annual electricity budget from around £15,000 to £45,000 which obviously impacts upon our overall ability to make ends meet.

In response to the problems being faced by parents we are taking the following steps:

- Trying to limit the cost of school trips and visits to more affordable levels, and offering support to families where possible.
- Encouraging families to apply for Free School Meals if there is any chance that they may qualify
- Removing the sandwich option on the school lunch menu for a trial period. This is being done so that children are steered towards accessing a cooked meal at lunchtime and removing the pressure for parents to have to provide a large meal at the end of the school day.
- Creating a Help Your Shelf in the entrance foyer. This will have a free / pre-loved uniform rail, which FOAS have kindly offered to manage, and shelves of food which are free to all, no questions asked.
- We have managed to access 450 bagels per week which will be free to any child who wishes to have one at the start of the school day. These will be made available as children come into the school and no-one will be asked to pay for these regardless of their age or free school meal status.
- We will continue to offer any support possible to our families, and would ask you to contact us if you are worrying about your financial position as there may be things that we can do to help or to signpost you to someone who can.

I hope that you all have a lovely half term, and we look forward to seeing everyone again on our first day back on Tuesday 1st November.

Best wishes

Martin Higgs
Headteacher

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

INSET Day - Monday 31st October

Don't forget that school will be **CLOSED** on Monday 31st October (the first day back after half term) due to a staff training day. Woodland Nursery and pre-school will be open to children who stretch their funding (not term time only) and to those who pay for their childcare.

Clubs

All clubs begin again on Tuesday 1st November and run until Friday 2nd December.

If your child would like to join French Club (Year 3 -6) on a Monday. Please sign up and pay at:

<https://www.kidslingo.co.uk/area/french-classes-central-west-cornwall/>

Advanced notice of club cancellations

Wednesday 2nd November

Due to the Disco **ALL clubs will be CANCELLED** on 2nd November - Drama, Hockey, Baking and Cycling. They will all start the following Wednesday 9th.



FOAS Halloween Disco - Wednesday 2nd November

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

Reception and KS1 4.30-5.30pm

KS2 - 5.45-6.45pm

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.





COME
 To
 THE
 HALLOWEEN
 DISCO



Wednesday
 2nd
 November
 £1.50
 KS1 4:30-5:30
 (EYES included)
 KS2 5:45-6:45



By Dusty
 and
 Rickie



Reception and Year 6 school health screening

Tuesday 1st November

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://mailchi.mp/2ac4f2cab3f4/child-health-programme-health-information-reception-22-23>

Year 6 - <https://mailchi.mp/5f334c487f43/child-health-programme-health-information-y6-22-23>

New menu after half term

Chartwells have a new menu starting after half term on 1st November a paper copy of which has come home with your child this week. It can also be found on the school website under Parents, What's on this term.

Menu change

Bonfire Night Special -Thursday 3rd November

Sausage and mash

Or

Veggie sausage and mash

Sticky toffee & banana pudding

Sandwiches, jacket potatoes and tomato pasta will also be available.



Drop off in the morning

Recently some parents have been leaving children unsupervised before the doors open at 8.45am. Any staff you may see outside are looking after children who come to Breakfast Club and your child should not be left with them if you are early. If you need childcare before 8.45am please bring your child to Breakfast Club before 8.30am. The cost is £2.50 and includes breakfast.

Healthy tuck

As we are a healthy school, please provide your child with healthy snacks for tuck such as fruit, vegetable sticks, cheese, crackers or rice cakes. No crisps, sweets or chocolate please. A packet of crisps is allowed as part of their packed lunch eaten at lunchtime. We also ask that water bottles are filled with water only and not squash or juice. Thank you for your support.



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 & Carers Need to Know about INSTAGRAM

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING

13+

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



NOS National Online Safety®

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-us/blog/posts/2022-07-28-introducing-reels-and-shop-tabs>



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

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 O'Rourke 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

	Kittiwakes	Evan	for super effort and participation in your learning this week
	Curlews	Callum	you're trying so hard with your reading at home & at school
	Puffins	Joshua	for making good choices, listening and working hard
	Owls	Leo	for being a mathematical wizard
	Kingfishers	Effy	for making great progress across the curriculum
	Trencrom	Sid	for working so hard and producing amazing maths
	Lanyon	Felix	for writing an excellent set of instructions.
	Kerris	Eden	for always being so kind and such a lovely friend
	Bodriftly	Niko	for working so hard & doing so well at writing his letter in English
	Bosigran	Tyler	for an amazing piece of writing
	Kenidjack	Alfred	for being the current Kenidjack quiz champion in all areas
	Lunchtime Star	Hunter	for always being so polite & cheerful

Well the half term has ended and the week of no school begins. I can only hope that you all have a lovely time and enjoy the final stages of Autumn as we descend into winter. We have had a really busy few weeks and I know I for one am thoroughly looking forward to a week off, a week without the usual day to day routines and early mornings. I am probably not alone in these happy thoughts but there may be those of you who are feeling you'd really rather not have a week at home with children because that can bring a range of challenges that are hard to cope with, especially as we all experience such difficult times globally as well as on our own doorstep. I won't be here for you this coming week but I will be back in one week's time. Until then, my very best wishes, happy half term and I look forward to coming back and seeing you all (though I don't look forward to those darker evenings). Mrs Daylak.

Diary Dates

24th-28th Oct	Half term holiday
31st Oct	INSET day - school closed
2nd Nov	Swimming for Year 3 (Group 2) starts
2nd Nov	FOAS Halloween Disco - All clubs CANCELLED

After School provision

Mr T is continuing to run after school childcare every evening until 5.15pm. He now works for DT Sports Coaching but the arrangements remain the same. Please see the attached letter and form for more information. To contact him please ring 07843 126833

or email

clubs@dtcoaching.co.uk

FOOTBALL CAMPS OCTOBER HALF TERM



Camp Dates
Monday 24th October
Wednesday 26th October
Friday 28th October

Soccer Tots (3-6yrs)
10am - 12pm
£6 per day | £10 for 2 days | £13 for 3 days

Soccer Pros (7-13yrs)
10am - 3:30pm
£15 per day | £25 for 2 days | £35 for 3 days

Venue
Mounts Bay Football Development Centre
Mounts 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
Pre-booking only, register & book online
Visit the website for further information - www.mbfdc.co.uk

Contact
Kevin Lawrence - Head of Football Development
Message us on facebook - www.facebook.com/MBFDC
Email - klawrence@mountsbayacademy.org
Website - www.mbfdc.co.uk



Penwith College

New year, new career? Want to return to education or develop a career with children?

New
Part Time
Level 2 Courses

- Understanding Children's Mental Health
- Diploma for the Early Years Practitioner

Starting January 2023!

Please call Part-time courses on: 01736 809000 or email kathrynp@truro-penwith.ac.uk for further information.