

11/11/22

FRIDAY NEWS

N^o. 9

Dear Parents and Carers,

We've had another great week with lots going on and some very busy classrooms. We're starting to look forward to Christmas and planning our productions, Christmas trees, staff carol, parties and all the lovely things that make this time of year so much fun. More news will follow about this soon.

Last week, the teaching staff joined with all the other primary teachers from across TPAT to listen to Dr Andrew Curran talk about how our brains work and learn. In the afternoon, Mrs Simpson, Mrs Daylak and Mrs Hanley (who will be returning to teach in the Nursery after Christmas) looked at the most up-to-date ideas for the EYFS, Mrs Clive, Mrs O'Rourke, Mrs Dennison and I looked at best practice in reading and the remaining staff thought about assessment and helping children embed their learning in their memories. It was great to meet up with other staff from right across the Trust to share ideas.

Before half term, we had a really positive monitoring visit from Mr Gould, TPAT's Director of Education. This included a discussion about reading, which is one of our current whole-school priorities, and a review of some of our safeguarding practices. He will be returning later in the month to look in particular at Maths (with Mr Hammond) and History (with Mr Dawe).

Best wishes,

Cathryn Wicks
Deputy Head

The school held its annual Remembrance Day service outside the front entrance at 11am today to coincide with the 1918 Armistice. It was lovely to have the opportunity to have all of our children together and they were extremely respectful of the event with the silence being perfectly observed.



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

Christmas lunch - Friday 9th December

Letters about arrangements for Christmas lunch have come home. If your child would like a school lunch on 9th December you must return a slip to us, (with the money if your child's meals are not free) by **Tuesday 29th November**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.



First Lighthouse Award

Last Friday the school gave out its first ever Lighthouse Award. This comes from an idea proposed by Mrs Petty to recognise children who always lead by example and are exemplary pupils who can be trusted to always do the right thing even when no one is watching. Oscar is a worthy recipient of this award and we look forward to giving out more of these in the future.



Club cancellations

Wednesday 16th November

Hockey Club and Drama are cancelled on Wednesday.

Friday 18th November

Dance club is cancelled on Friday due to Steph being away.

Extra May Bank Holiday

As there is an additional National Bank Holiday on **Monday 8th May** to celebrate the King's Coronation, school will be closed that day.

Giving the re-gift of Christmas

We are offering you the opportunity to sell unwanted, good condition toys and books for other parents and carers to buy at affordable prices.

Got lots to sell? Donate £5 to FOAS for your own selling table and the money you make is yours to keep. Enquiries to the office, and hurry - there are only 20 tables available!

Toy and book donations to the FOAS table are also greatly appreciated, please drop these into reception prior to the big day; **Friday 25th November 2-4pm in the school hall.**





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

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 HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

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



NOS National Online Safety®
#WakeUpWednesday

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	Arthur M	for making great progress in reading & phonics
	Curlews	Arthur S	for being absolutely perfect in every way. You're kind, helpful and hardworking
	Puffins	Rufus	for his mature attitude to learning & being kind & considerate to others
	Owls	Willow	for such determination to improve her reading & making super progress
	Kingfishers	Darcy	for super progress in her reading
	Trencrom	Jackson	for setting an outstanding example & having a positive attitude towards his learning
	Lanyon	Alby	for working so hard to master column subtraction. Well done
	Kerris	Dylan	for being such a lovely member of our class & always working hard
	Bodriftly	Sophia	for working so hard in Maths & getting a great score on the arithmetic paper
	Bosigran	Elise	for a fantastic attitude to her learning - she always gets stuck in
	Kenidjack	Eliza	for a fantastic Tudor love letter
	Lunchtime Star	Eva-Grace	for being so well mannered & polite

Hello again, and welcome to the wet and windy world we are inhabiting at the moment. I've reached that stage which is (yes, I know I say this every year and probably every week at the moment) probably my least favourite, when I go to school in the dark and come home in the dark too. I feel like a hedgehog without the prickles and the love of snails. My personal love, when the weather is like this, is comfort food, beans on toast, cheese on toast, hot chocolate and toast with marmite. Love it or hate it, I definitely fall into the former category. Talking of comfort, biscuits are a great comfort too, and we have those here, plus tea, coffee, quiet places and me. I'm here, I'm happy to listen. I might be able to help, practical or just by talking to me. Don't struggle, find someone to talk to, and I'm always happy to be that person for you. Mrs Daylak.

Diary Dates

23rd Nov	Tempest individual & family photos
1st Dec	Advent Service at 9.30am
7th Dec	EYFS Christmas production time TBC
8th Dec	KS1 Christmas production at 2pm & 6pm
9th Dec	Pupils Christmas lunch
14th Dec	KS2 Carol Concert at 6.30pm at Chapel St Methodist Chapel
16th Dec	School closes at 3.15pm for the Christmas holidays
3rd Jan	INSET Day - school closed
4th Jan	School opens for Spring term at 8.45am