

2/12/22

FRIDAY NEWS

Nº. 12

Dear Parents and Carers,

Christmas arrived at Alverton this week!



As you walk into reception, you can't fail to be impressed and entertained by the Christmas trees you see there. These are one of our annual Christmas traditions and this year are based around the theme of "Things you would find at a Christmas dinner". It has been a chance for the staff to use their imaginations and the trees are a delight!



Thank you to all the children who brought in decorations for the Christmas tree in the hall. We were so pleased to have been able to hold our Advent Service again this year with the youngest children in the school turning on the Christmas tree lights and the eldest child lighting the Advent candle. It was absolutely brilliant to see so many of you at the Advent Service and anyone who came along was also treated to a sneak preview of songs from the forthcoming Christmas performances. The performances for Reception and Key Stage 1 are next week and more information will have come home if your child is in these classes.

We'd like to take this opportunity to say a huge thank you to our FOAS volunteers. Last week, they held a very successful Table Top Sale and today are hosting Father Christmas along with mulled wine, hot chocolate and cakes. We are very grateful to them: as well as their fundraising, they have washed and organised the free uniform on the Help Your Shelf in reception and their fundraising has paid for all the children to watch the Squashbox Christmas Show this afternoon which, judging from the laughter coming from the hall, is a huge success! Thank you to them all.

Best wishes,

Cathryn Wicks
Deputy Head



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

Behaviour Policy

We have recently reviewed our Behaviour Policy in consultation with all staff. This can be found on our website by following this link. http://www.alverton.org.uk/web/statutory_and_other_key_policies/79196

Clubs

ALL clubs except LKS2 Cycling, French and Dance have now finished.

The last French club will be on Mon 5th, LKS2 Cycling will be on Wednesday 7th December and the last two Dance Clubs will be on Friday 9th December and Wednesday 14th (14th only will be 3.30-4.30pm)

A new clubs list for the Spring term will come home in January.

Equality Information

Every year we write to all parents about the Equality Plan and Equality Action Plan. This addresses our statutory duties in relation to race, disability, gender and promoting community cohesion and covers staff, pupils and people using the services of the school such as parents. It also addresses the legislation relating to religion or belief, age and sexual orientation and includes our priorities and actions to eliminate discrimination and harassment for these equality areas.

We are required to produce an annual report on our progress, looking at the impact of our actions. Please click on the link below to find out more about this, including our Parent Guide which can be downloaded from this page and which includes the report on our progress towards our key objectives this year. The guide also asks anyone interested in being part of our ongoing consultation to get in touch with either Mr Higgs or Mrs Wicks – if you are interested, we would be delighted to hear from you.

http://www.alverton.org.uk/web/equality_information/85312

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.

Parent Governor

We are currently looking for two parent governors to join our highly-regarded governing body. Please see the attached documents which give you all the information about standing for this position. The closing date is Thursday 8 December and, if you would like to talk to someone about what this role entails before then, please phone the school office who will be able to put you in touch with one of our governors. Thank you.

Christmas lunch and wear something Christmassy - Friday 9th December

Bookings for Christmas lunch next Friday have now closed. If you did 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.

If they would like to, your child may wear something Christmassy with their school uniform (hat/decoration/Christmas jumper etc) or a Christmas outfit.

Menu change

Wednesday 7th December

Due to the Christmas lunch on Friday, Wednesday's lunch will be Fish fingers & chips or Vegan Meatballs, not a roast meal.

UNIFORM RECYCLING UPDATE

Firstly, the school and FOAS would like to say a huge **thank you** for the generosity many of you have shown in donating pre-loved uniform. It is so lovely to be part of such a caring community. ❤️ ❤️. And if you haven't popped in to see the fantastic "Help Your Shelf" in the foyer, please do.



However, we are currently at capacity and so kindly request **NO MORE DONATIONS until further notice**. We will announce the next drive for donations, with specific detail on which items are most needed. Please keep your eye out for announcements.

Also, we would love to remind you of the **green** purpose of the uniform system we have started. Not only is re-using uniform great in these cash-strapped times, it is also a great way of reducing our contribution to landfill. Perhaps we could all pop into the foyer and grab something useful in the coming months as a pledge to the planet 🌍 as well as our pocket?

Incidentally, rest assured that all named lost property is promptly returned to its owner and will not be added to the free uniform. Please ensure you name your child's uniform to help with this. Thanks for your ongoing support.

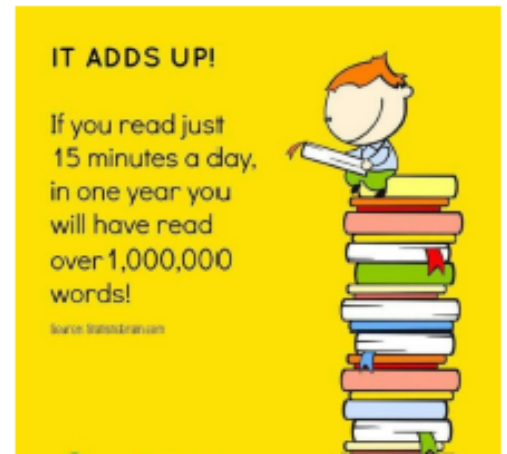
Unsupervised children

Recently a number of unsupervised children have been left outside school before 8.45am. Please ensure that an adult waits with your child before the school doors open or if you need childcare early, please come to Breakfast club from 8am. Please also ensure that your children are collected promptly at the end of the school day or after clubs. There is after school care available through DT coaching should you need this. Please ask at the office for information.

Christmas tree

A huge thank you to Mole Valley Farmers for their kind donation of our beautiful Christmas and thank you to all the children who made a decoration for it.





Dear Alverton pupils,

Your teachers at Alverton believe that **every** child has the right to become a reader and we want to help you become the best readers that you can be! Our **Reading Revolution** approach helps to make sure that every member of staff, parent/carer and pupil in our school community understands how important reading is and how it can help you to achieve your dreams!

Would you like to help us spread the word about our **Reading Revolution**? If so then enter our poster competition! There are prizes to be won as well as the opportunity to see your winning poster displayed around our school.

Your poster should include:

- the words **Join the Alverton School Reading Revolution!**;
 - an illustration (or illustrations!) that show how fantastic reading is and why we love it so much at Alverton;
 - a fact about why reading is so important (like the one at the top of this page!) Inspiration here: <https://www.weareteachers.com/reading-facts/>
- and/or**
- a famous reading quote - don't forget to include the name of the person who said it! Inspiration here: <https://momlovesbest.com/reading-quotes-for-kids>

Please create your poster on an **A4 piece of paper** and return it to school by Friday 16th December. We look forward to seeing your entries!



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 SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

♥ 73

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound plings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



NOS National Online Safety
#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-55204835>
<https://prouddad.com/helpful/social-media-usage/>

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.

DIARY DATES

<p>Wednesday 7th December</p> <p>9.30am and 4pm</p> <p>Morning</p>	<p>EYFS Christmas Performance - school hall</p> <p>Year 3/4 Cinema Trip</p> <p><i>Please pay online & return the permission slip</i></p>
<p>Thursday 8th December</p> <p>2pm and 6pm</p>	<p>KS1 Christmas Performance - school hall</p> <p><i>Please can children attend both performances</i></p>
<p>Friday 9th December</p> <p>12pm</p>	<p>Pupils Christmas lunch</p> <p><i>If your child hasn't returned a slip, please ensure they have a packed lunch from home</i></p>
<p>Wednesday 14th December</p> <p>6.30pm</p>	<p>KS2 Carol Concert - Chapel Street Methodist Chapel - all welcome</p> <p><i>Details to follow for KS2 parents</i></p>
<p>Friday 16th December</p> <p>Morning</p> <p>3.15pm</p>	<p>Year 5/6 Cinema trip—<i>please drop your child to the Savoy Cinema at 9.15am.</i></p> <p><i>Please pay online & return the permission slip</i></p> <p>School closes at 3.15pm for Christmas holidays.</p>
<p>Tuesday 3rd January</p>	<p>INSET Day - school closed</p>
<p>Wednesday 4th January</p> <p>8.45am</p>	<p>School opens for Spring Term</p>

Well it seems to have stopped raining and I seem to have got used to the darker days. No longer am I daunted by my dark start or finish to the day, though it does feel rather odd at weekends when I can move around and see what I'm doing without artificial light. However, one of my favourite days is looming...Montol, the winter solstice which marks the shortest day of the year and the beginning of longer ones. If I'm feeling optimistic I can stretch that to "It's nearly Spring", though it can still feel dark and gloomy. If the dark and cold isn't much fun and you're finding it hard to cope, or if there's anything on your mind that a chat may help to resolve, please pop in and say hi; I could do with a biscuit so you'd be doing me a favour. Mrs Daylak

CHRISTMAS

Cricket Camps



Soft Ball

MONDAY 19TH DEC, TUESDAY 20TH DEC
10-3PM
SCHOOL YEARS 1-4
£15 PER CHILD



Hard Ball

WEDNESDAY 21ST DEC, THURSDAY 22ND DEC
10-3PM
SCHOOL YEARS 5-8
£20 PER CHILD

LOCATION - CORNWALL CRICKET CENTRE

TO BOOK YOUR SPOT

<https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html>

Any booking queries contact

ADMIN@CORNWALLCRICKET.CO.UK



Humphry Davy School

Raising Aspirations | Achieving Excellence

In Partnership with



ARGYLE TRUST
COMMUNITY

<https://playwaze.com/Book?p=PhysicalEventSeries/70306-B>